

Humankind Fundamental Teachings

part 1

Joachim M Werdin

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Written by Joachim M Werdin

To contact the author:

WeChat: joachimwerdin

Skype: joachimwerdin

Minds: JMW

email: jmw {at} rosperos {dot} com

youtube: youtube.com/user/joachimwerdin

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When I am teaching in my seminars, I explain much more compared to what is written in this book. If all would be written here, this book would be several times larger. I encourage you to participate in my seminars to learn deeper.

The price of this book – your donation.

Having read this book, feel how valuable it is for you. If you can translate this value to money, I would appreciate your donation to my WeChat, AliPay or Paypal www.paypal.me/joachimwerdin .

If you prefer to recompense me in other ways, please, let me know.

Master, welcome in Life; let us start the play.



SOME SINCERITY

Master, I hope that you do not really believe the title page of this book; do you?

No? Very good! Do not believe, because it is an advertising trick to catch your attention and make you interested in reading this book.

On the other hand, it is a fact that this book contains some fundamental teachings which were given to humankind by exceptionally wise teachers. Regardless of whether they were legendary or true men, humankind made some of those teachers so famous that their names and teachings are now worshiped worldwide. The interesting fact is that those teachers were talking to people about the same fundamental things. In other words, those teachers were disseminating some fundamental information which is essential for understanding and managing Life consciously.

Those teachers appeared in different places and different times; however, while teaching they were using different terms and explanations for same things. This is the reason why most people misunderstand ancient teachings and maybe even quarrel with other researchers or readers. In order to avoid misunderstanding and to explain some fundamental ancient teachings in this book, I do not use terms used by those teachers of humankind. Where I find it possible, I use commonly understood terms or give new terms with definitions.

Let me make it clear from the beginning – I beg you, I order you, I warn you, I frighten you, I advice you ... whatever... in anyway, I state it here as follows.

Please, do NOT ever believe even one word written in this book! I repeat and emphasize. Do NOT believe me! If you do, you may go wrong way and get lost, thus you will suffer. I really do not want you to believe me.

I wish that you do think yourself logically, do your own research, meditate information and experience it, so that you can build your own knowledge.

Why do I want you to read my book? Well, because I would like you to:

- stop following ideas from other people, but fully think yourself;
- rely on and use your unlimited Inner Power;
- get rid of your harmful beliefs;
- end your unawareness and slavery;
- educate yourself consciously;
- live in accordance with nature.

I guess that you do not fully understand what I mean. That is OK for now. The path of changing your awareness from ‘enslaved, unaware sheep’ to ‘enlightened Master Creator of Life’ requires some effort and time.

Yeah, I sincerely admit that I may use some rude or even offending expressions in this book. You may feel that. Why do I do that?

My intention never is to be rude or to offend anybody. I just want to make you hear me, pay good attention or even meditate about issues that make you suffer in your life. Please, do not feel upset or offended. Please, do not misunderstand me. Forgive me to talk emotionally. OK?

Why would I share with you information which may help you to achieve the goals stated above? In fact, a lot of information which you will find in this book is banned from public schools. This information is destined only for the elites, not for the slaves or sheep. I feel that is more beneficial for the humankind to know this information, to make it public.

What I am going to teach here is just some basics. If, having read and meditated the entire content of this book, you decide to know more, really become fully enlightened Master Creator, then ... to make a long story short ... you need to go with me to nature in order to practice, maybe

even do some unusual, crazy or dangerous exercises. Usually we do that in my advanced seminars in nature.

WHO AM I ?

Well, if you care to, feel free to define me for yourself. You can put any label on me, depends on how you describe or judge me. Be aware that whatever label is put on me, that is not me, for sure. Sincerely, I do not care so much what labels people glue on me. One thing is clear and sure for me, I am not who people think I am nor who they expect me to be.

WHAT AM I AND WHAT DO I DO ?

I am just a simple, ordinary man, nothing really special. As such, I look, feel and behave like an average inhabitant of this planet. It is my choice to be a common man, so that I can experience human life on Earth.

I have been studying Life which includes sciences, religions, philosophy, beliefs, people and nature. I have been experiencing myself, using my body and psyche as laboratory tools, which made me suffer or enjoy all the time, and which allowed me to observe Life deeper.

While building my knowledge, I also share it with other people. I teach, which means, I share information from my knowledge, speak what I believe and instruct people to do exercises.

Why do I do all of that, including this book?

Well, I feel that fully answering this question by writing or talking is impossible. You would need to use telepathy to communicate with me, if you really care to understand me. Explaining intellectually, I would say that this is how I play this game titled “Life”.

In this game, myself (as body and mind) represent a character of a man who shares with people the basic knowledge of living, so that people can easier achieve the goals stated above. I like to sustain the game of Life and create new ones. I also like to see people grow, consciously develop themselves, experience expanding awareness, because I Love people.

WARNING

If you are a serious practitioner or follower of any religion, faith, philosophy system or you follow a master, please think twice, reconsider whether to continue reading this book. If you do continue, you may feel deeply hurt or angry or even hatred can arise in you. The deeper you are in any of these belief systems, the more difficult it may be for you to understand this book, and the stronger emotionally you might explode.

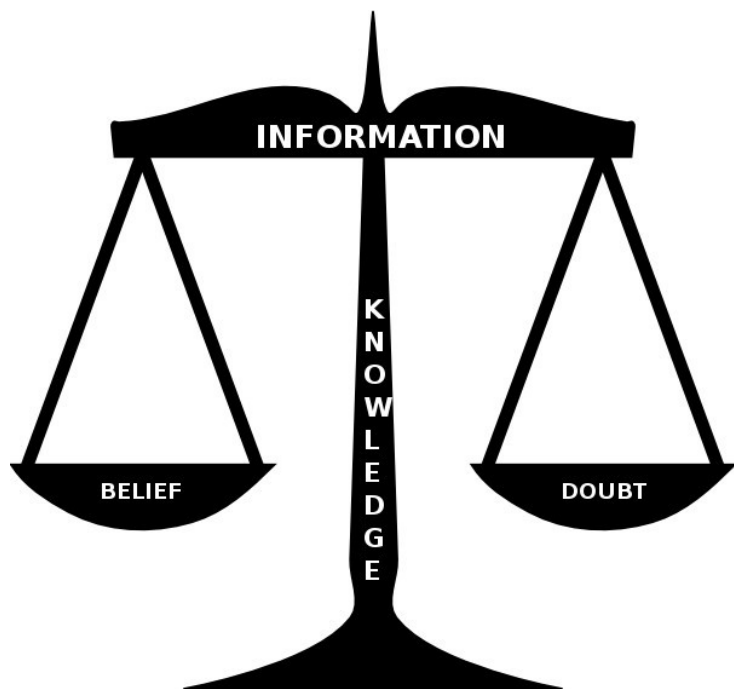
I suggest that you stop here. Do not read this book. You may not be ready yet. Go back to you belief and continue your chosen way.

However, if you do not accept my advice and you decide to risk, whatever later happens to you, all of that will be the result of your decision. Using a popular expression, I would say: it will be your fault and problem, I will not feel sorry for you.



INFORMATION, BELIEF, KNOWLEDGE

Most people do not understand the significant difference between these three terms. This is why, almost everything that people think they know, is not what they know, it is what they believe. Let me explain in detail.



INFORMATION

Information is any data that you become aware of, perceived by your body senses that is the five material senses of the flesh and the senses of your spirit. If you had no senses, you would not be able to receive any information.

Some examples:

- How do you discover when it is hot, humid, windy, etc.? It is your body touch sense that sends data to your body nerve system.
- You can hear music, dog barking, thunder sound and people talking because your body hearing device delivers data to the nerve system.
- Books are written, films are produced, sport arenas are built because the human eyes are visual communication devices that perceives visible data.
- Suddenly you feel different, maybe strange, because your mood changed for no apparent reason as if this happened from within yourself – this may be caused by data coming from senses of your spirit. Telepathy works in this way, senses of your spirit perceive and transmit data in the immaterial world.

All your senses perceive and send data to mind for processing. Very small amount of this data is noticed by your intellect; in other words, you become aware of only a tiny amount of data which was processed by your mind. The rest is stored in your memory; it can be called ‘unconscious’ or ‘subconscious’ information.

Usually, when people say ‘information’, what they mean is what they have seen or heard, that is data perceived by their eyes or ears. I also do not want to go too deep in scientific details explaining data and senses; therefore, from now on, when I write ‘information’, I usually mean what we see and hear.

BELIEF

Everything that you read is just information, regardless of its source. It may be an article on the Internet, a chapter in an ancient holy book, an announcement on a shop window, etc. – all of that is just information, not your knowledge.

Everything that you see and hear on TV, Internet, cinema, etc. is just information, regardless of its source.; that is not your knowledge.

When information comes to you, you can believe or doubt it. You are probably aware that most of information published by the of mass media is, at least, inaccurate. A lot of information published in historical and scientific books is also inaccurate, sometimes it is lies.

When you notice information, you can choose – to believe or doubt it. You believe when you suppose that information is true. When you suspect that information is not true, you doubt it.

Belief and doubt are things that you do not know, so they are not your knowledge. What you read or see is not what you know. Let me give you two examples.

Let us imagine that you read something in a worldwide recognized, highly respected so-called holy book. What you read is just information, it is not your knowledge, therefore you should not say that you know that. You can say that you believe or doubt that.

Let us imagine that you are watching a science documentary film. For you, the content of the film is information only, it is not your knowledge. Again, you can say that you believe what was presented in the film, but you do not know it, although you know what you have seen.

Do you get the point? You know what you have read and seen but information contained in these sources is not your knowledge. That is only information which you can believe or doubt.

It is quite possible that the author of a book wrote all the content from their knowledge. In other words, the author really knew the material, so it was their knowledge, not a belief.

It may be the same in case of a film. The film director was based on their knowledge, not their belief, while producing it.

What I want to emphasize here is that information may come from the knowledge of those who have published it. However, according to results of my research, most information is published based on beliefs of authors, not from their knowledge. People believe something, they may be sure that it is true, so they spread this information.

Be aware that, regardless of the source, what you see and read may not be true. Regardless of whether it is true or not, this information is not your knowledge, it is still information for you. As long as you do not know, you can only say that you believe or doubt that information.

In other words, you can believe or doubt information which is true or false, because you do not know it.

KNOWLEDGE

When you become interested in some information, you can decide to check it out. The more you experience this information, the closer to your knowledge it becomes. What you read or see is not your knowledge, it is just information, but when you take this information, research it, work with it, experience it with all your senses, then it may become your knowledge. Knowledge is a structure which you have built on your experience and then stored in your memory.

Now, let us check whether you understand my explanation. Would you like to answer questions?

1. Your friend, who is calling you, says that he is working in his office. Can you say that you know where your friend is and what he is doing?
2. There is an article on the Internet popular science site describing an unusual weather phenomenon. It includes a photo which illustrates the phenomenon. Having read the article, can you say that you know

- what the weather phenomenon was?
3. It is written in a biology study book that man cannot survive without drinking water longer than 7 days. Do you know, how long you can live without drinking any water?
 4. Your mother told you that she gave birth to you on the date x. Do you know who gave birth to you and when?
 5. Do you know the shape of the planet Earth?
 6. A widely respected, so-called 'holy book', contains a sentence of a world-wide worshiped figure XYZ who said "xxx xx xxxx xxxxx." Do you know whether XYZ existed and what they said?

There are endless examples where people say that they know, but in fact they do not know, they believe. In all of above questions, the proper answer is "I do not know." (Unless you really did know.)

If you say that you know, then I ask you – How do you know? Was it because somebody told you? Did you find it written in a book? Well, all of these is not your knowledge, it is information only.

Shocked? Vast majority of people even do not know who gave birth to their body, when and where it occurred. Of course, when you ask them, they answer that they are sure, it was their mother; but still, they cannot say that they know, unless they really clearly remember their own birth.

Knowledge cannot be given to you. Knowledge cannot be read or seen. Knowledge has to be built on your own experience. When you have information, you need to see it, hear it, smell it, touch it, taste it, etc., maybe many times in different circumstances. This is how you build your own knowledge. Then you can say that you know. This process may be instant or it may take a long time.

Knowledge stored in your memory is eternal and can be retrieved. While retrieving your knowledge, you can share it by writing, talking, drawing, or in other ways. That is your knowledge which you are sharing, but for

the others it will be information only. You cannot give them your knowledge.

One more important thing. Knowledge is relative. Several people can have different knowledge about the same thing. For example; imagine that you are sitting in a small room with two friends. Then you say, from your knowledge “It is quite warm here.”. This is true for you, you really feel warm, that is your clear experience.

Your friend says “It is cold here.”. That is true, he knows what he feels, so he is talking from his knowledge.

The third friend says “It is just right here, very comfortable.”. He feels his body so he knows what he says.

You see, three people talking from their own knowledge, but they state differently about the room temperature affecting their bodies.

Remember, knowledge is relative. What you know about a subject, does not have to be exactly the same what others know about it, although all will speak truth. Due to this reason, also due to other reasons, truth is relative. You are the source of your knowledge and truth.

I hope that now you understand me better, why I have insisted that you do not believe what you read in this book. I really do not want you to believe me. Although I may talk from my knowledge in this book, my knowledge is not yours, and my truth is not yours. I share my knowledge and my beliefs with you. I am glad that you pay attention to it, but in order to know, you need to research and experience, to build your knowledge.

a belief or a doubt = lack of knowledge

I believe. = I do not know but I suppose that it is true.

I doubt. = I do not know but I suppose that it is false.

You should believe. = You should not know.

- When people ask you to believe, they may not want you to know. When they ask you to strongly believe, they may be scared that you may know.
- Religions are based on belief, not on knowledge. To be a good follower of a religion, you must “strongly believe” which basically equals to ‘must not know’. Why? Obviously, the moment you find out the truth, you free yourself from the trap of a religion. “The truth sets you free.” – is it not?
- A belief and the truth are opposite things. The conscious man knows the truth, never believes it. The unconscious man believes something, which may be true or false, they never knows it.

FALSE INFORMATION

Now, when you are more aware of what is the difference between information, belief and knowledge, let me warn you once again. I share what I have found out, because I consider it to be very important, although I suppose that this warning may be shocking for you.

When I look at many web sites on the Internet, dedicated to and explaining so-called spiritual teachings, I see so much false information. When I listen to so-called masters or enlightened teachers, I hear so much false information. When I read books written by famous authors, who are widely advertised as enlightened masters, I see so much false information.

Be aware, that masters and teachers, enlightened or not, famous or not, are known for disseminating false information, this is because they often teach what they believe.

Let me tell you straight, because in my opinion this is really important, do not behave blindly like a sheep. Mainly what I mean, do not allow others to feed you with false information. Stating it simply, do not blindly

believe what you read, hear and see. It is worth to pay attention to some information but believing or following it may cause harm. Therefore, I suggest that you check it out on yourself and see how it works for you.

Every man, regardless whether they are a homeless drunk or the most respected master, spreads true and false information during their life. Therefore, when you blindly follow their information, you may be wandering on your path of conscious self-development.

KARMA

Karma is a Sanskrit word which became popular all over the planet. It can be analyzed from two points of view, one is scientific, the other is religious. The scientific definition is Newton's third law, also known as the law of action-reaction, which states “for every action there is an equal and opposite reaction”. You can find detailed explanation of this principle in physics books.

Karma is an important part of Buddhism and Hinduism; as such, it is an example of a widely spread belief. According to this belief, whatever you think about, say or do to other being, mainly man, will come back to you. Especially when you do something “bad” or “good”, it will return to you. Therefore it is suggested that you do “good” in order to accumulate a lot of “good” which you will experience later in this or next life. This belief of ‘your actions will cause reactions which will affect you’ is present in many religions.

Christianity does not use the term “karma” but there is a very similar concept where God rewards people for doing good deeds and punishes them for sins. Besides that, there are many citation in the Bible, with one being most famous – “You reap what you sow.” – which essentially preaches what Hindu and Buddhist karma teaches.

As you can conclude, religious karma is based on judgment. You need to judge thoughts, words and actions whether they are “good”, “neutral” or “bad”. There is no religious karma where there is no judgment.

Hence judgment is based on belief, you first have to believe that there are good or bad deeds. Therefore, first, deeds have to be defined in two categories, good and bad, whether by you or by others. If you accept definitions of others, what is good or bad, then you follow their beliefs.

In practical life, if you do something which is “good” to other man, they will be inclined to recompense you with something commonly judged as “good”, whenever there is an occasion to do that. If you understand how the mind works, then you will see how programs built in instinct, running judgments, function and interact between people. These programs can be called karma software.

In your culture, some actions are programmed to be judged “good”, but in other cultures exactly same actions are programmed “bad”. Besides that, in some circumstances an action can be “good”, but it becomes “bad” in other circumstances. Then, how karma works in these cases? Well, the results of the actions will depend on the judgments of people involved in those circumstances.

As you can see, the religious karma is just programming found in instinct. Manipulators use their knowledge of your instinct in order to create your beliefs and make you to follow them. They need sheep. Do you want to be one?

STARTING FROM NOTHING

A long journey starts with the first step, with just one step. I could start this book from it, but, I like to be more precise and scientific. I like to research deeper, therefore I prefer to start with what is before the first step, at the very beginning. You may need a solid foundation, on which all is built, from which all derives, originate.

What digit is before 1? I guess that you are good enough in mathematics to know the answer – 0 precedes 1. This is our starting point. Sometimes, instead of “zero” people say “nothing”, so let me start from nothing.

I am introducing a new term for “zero” or “nothing”:

The Consciousness.

THE CONSCIOUSNESS

Let us start a story about the most misunderstood thing in this universe. First, let me ask you – what is ‘nothing’ or ‘zero’? Have you ever seen it? Can you imagine it? Please, do, imagine ‘nothing’, imagine ‘zero’.

What do you see?

No ... come on ... do not try to explain to me ‘zero’ or ‘nothing’, for sure, you will fail. Why? Whatever it was that appeared in your intellect, when you tried to imagine ‘nothing’ or ‘zero’, was something. Something is not nothing.

Confusing; is it not ? Indeed, there is no way for the intellect to imagine or understand ‘nothing’ or ‘zero’. The intellect is a part of your mind; it is designed to deal with data, which means to deal with something. So, do not expect the intellect to deal with what it was not designed to do.

Normally, man cannot imagine what ‘nothing’ or ‘zero’ is, thus they cannot explain it. There are methods to make the intellect understand these terms, I will explain them later.

As I just mentioned, this is a story about the most misunderstood thing in this universe. By the way, you probably know how funny people are. If they cannot understand something, they will create a number of stories and explanations about this thing. They will also give this thing names. This activity is called philosophizing.

Throughout the history of civilizations, the number of stories, explanations and names of the unknown thing will grow and grow. Thousands of years later, when you want to find the truth, you may be very confused, unless you are enlightened.

Have a look at these examples which are some names given to this unimaginable and unexplainable thing:

Nothing, Zero, Vacuum, Dào, Brahman, The Absolute, Nothingness, The Source, Ultimate Reality, Big Void, Pre-Origin, The Unconditioned Ultimate, Big Bang, God, The Universal Mind, The Cause, The Principle, The Universal Consciousness, The Universal Intelligence.

Imagine that while studying, you encounter these and other terms meaning the same thing. Can you get confused? Sure. This is the reason why there is so much misunderstanding in this topic.

I like clear explanations. I do not like to use philosophy to explain things. I prefer clearly explained definitions. In order to avoid confusion, I have decided to name this unimaginable thing: The Consciousness (capital T, capital C).

From now on, whenever I mean this unimaginable, unexplainable thing, I will use only this term: “The Consciousness”, TC is its abbreviation.

What is The Consciousness? Well, normally man cannot imagine or explain The Consciousness but ... of course, we can try. Let me talk about it more, so that you might grasp some ideas about TC.

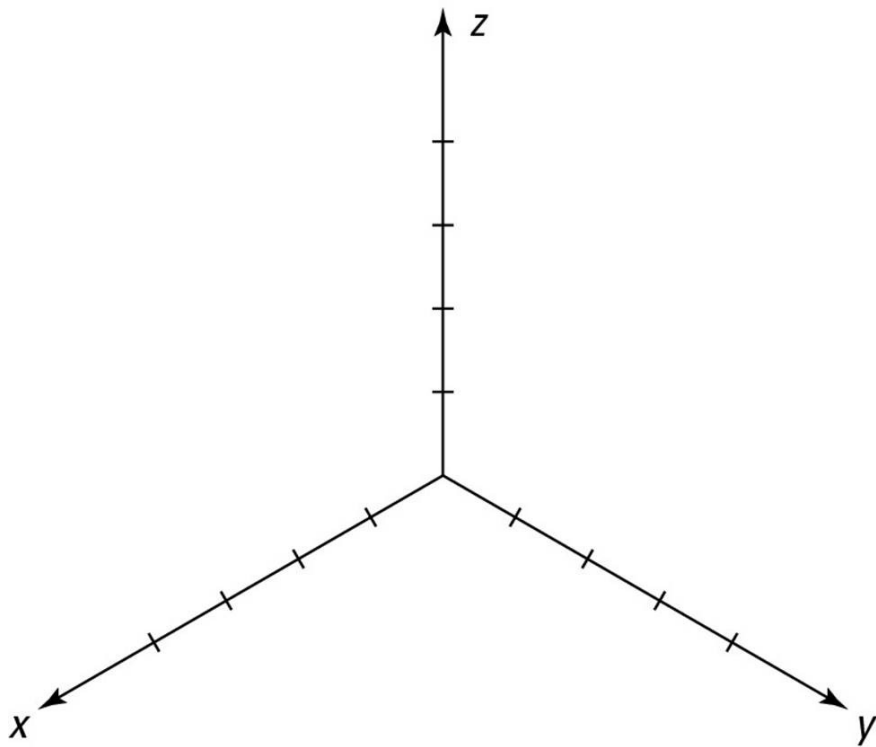
Later, when you will be able to switch your mind to enlightenment, your intellect will be able to comprehend The Consciousness, then you will know. Although you will know, when you will want to explain it to others, they will misunderstand you.

Anyway, let me continue my description. How about a picture? Obviously, The Consciousness cannot be represented by a picture; however, if I insist to show you something as close as possible, what kind of image would I create?

Look at the next page:

What is on that page? You can answer ‘nothing’, ‘black page’ or ‘blank page’. This is the closest I can draw to graphically represent The Consciousness. In this book, from now on, a black page or background represents The Consciousness; please, remember.

I can imagine that you still do not get my point, what The Consciousness is, so I want to continue my description. This time I choose an example from mathematics, which is logical and easy to understand, I hope. Look at this diagram.



The X, Y, Z axis can be divided and numbered in many different ways and units, for example: 1, 2, 3 ... Whatever measure we use, whatever division we make, the axis start in one specific place which is their

beginning, their starting point, their origin. What do we call that point? Of course, it is 0 (zero).

Zero is the foundation of the entire XYZ structure, it is the point from which counting extends to infinity. We could also say that without zero the entire XYZ structure would not exist.

Think about it – zero, which we often call ‘nothing’, is the foundation, origin, beginning of this entire structure. If I wanted to philosophize, I would say that zero is the origin of the grandiose science of mathematics! Wow! Everything originated from nothing!

Do you understand? No? That’s OK, you may not understand unless you are enlightened, but you can continue reading. ☺

This is how I compared The Consciousness to zero by using a mathematical example. Let us continue further.

Assume that the XYZ axis diagram represents reality or things that exist in life, for example, distance, temperature, weight or amount of money, food, land or degree of understanding, emotions, thinking. All of that can be somehow measured, all of that can be zero, all of that can grow. If we assume that, then again, we may notice that the beginning of all that is ... something that do not exist, nothing, nothingness, zero or, as I have named it, The Consciousness. The Consciousness cannot be imagined and explained but it is the origin, the foundation of everything.

Now, do you understand? Still not? That’s great! You may not understand unless you are enlightened, but you can continue reading. ☺

If you insist to understand The Consciousness, you need to get rid of your intellectual activity. To be exact, your intellect must become completely

passive and all your senses must be switched off. Then, if you do not fall asleep, your intellect will become aware of what The Consciousness is. How to do that – I will teach you later. Let me continue with the explanation.

As I mentioned before, throughout the history of humanity, there were teachers who talked about The Consciousness. When you analyze some ancient scripts, you may find text describing TC.

For example, in the Chinese history, you find *Dào Dé Jīng* (道德經), where The Consciousness is called *Dào* (道). In this scripture, the explanation of TC is very short: 道可道，非常道。

Although there are different translations of this short sentence; in my opinion, it cannot be logically translated to English; a story must be told to explain it.

Although it is impossible for the intellect to imagine The Consciousness, because any such attempt creates limitation, but just for the sake of an intellectual visual exercise, please, imagine something that is not and does not have any:

origin, limit, cause, life, result, light, dimension, space, time, power, energy, knowledge, feeling, emotion, ability, movement or any thing that you can or cannot imagine.

Huh! How to imagine such a thing. Once you start to imagine, it is not that thing. Well, I am aware that The Consciousness cannot be imagined. Nevertheless, let me continue.

As much as it may sound strange to you, The Consciousness is none of the above mentioned things and does not contain them, but at the same time, all of those things originate from The Consciousness. Quite similar to the XYZ axis explained above, all originates from 0 (zero). In other

words, we can say that any:

origin, limit, cause, life, result, light, dimension, space, time, power, energy, knowledge, feeling, emotion, ability, movement or any other thing that you can or cannot imagine, originate from The Consciousness.

If you are not completely confused now, I admire you, you are probably an enlightened man or close to.

If you are confused, I also admire you for your persistence to continue reading. Please, read further, you will benefit much, not now, later.

Let me describe the same thing in other words.

The Consciousness is almighty, all-knowing, all-existing, all-originated, and all the other 'all-'. The Consciousness creates all causes, all life, all matter, all spirits, all processes, all essences. All of these and anything else have The Consciousness in their origins. The Consciousness is everything and nothing that you are able and unable to imagine.

Huh, now I have lost myself – this is philosophizing. Anyway, read more.

I mentioned a few times that it is impossible to comprehend The Consciousness intellectually. I could compare The Consciousness to an engineer, and a machine to intellect.

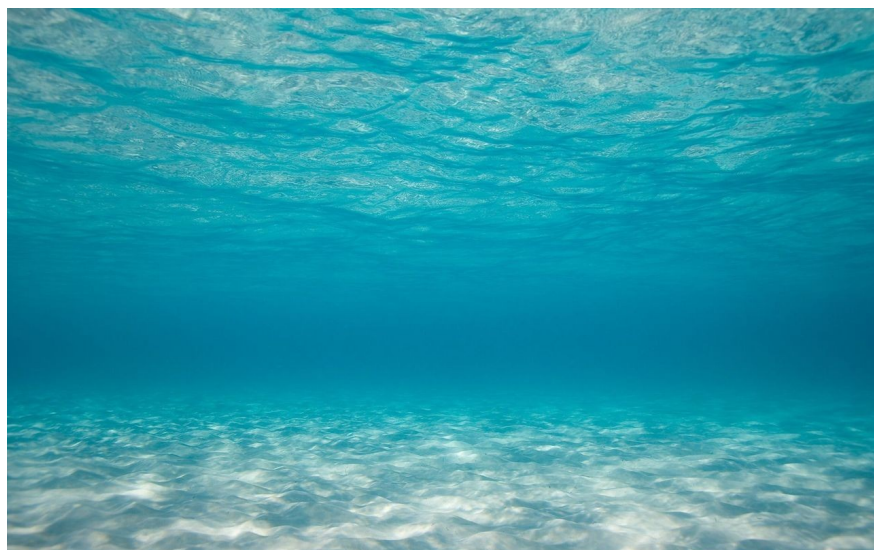
This machine wants to comprehend the engineer who built it, but it does not have any tool which is necessary for thinking. In the same way, intellect does not have any tool capable to comprehend what The Consciousness is.

Then, what is The Consciousness?

It can be depicted in various ways. Every description of The Consciousness is false, it is only a depiction of an image in intellect. When you leave intellect and enter intuition, you can perceive The Consciousness. However, upon returning, you will know that you are not able to grasp and describe The Consciousness intellectually.

Throughout the history of humanity, enlightened teachers who endeavored to explain The Consciousness, were misunderstood. I am aware of that. Nevertheless, from a different standpoint, I want to give you a simplified description. This one may be more graspable.

Imagine an ocean without any limits in space and time. In other words, this ocean is always everywhere. If we assume that there is anything else, that would be in the ocean, of course. To simplify the image, we can also say that everything that exists, is in the ocean.



Now, if you could imagine that you are looking at this ocean, you would know that this ocean is not life, time, space ... (all listed above). However, you would be aware, that all of those things are found in the ocean. We can say that they are able to emerge from the ocean, therefore the ocean would be their origin. The ocean, which is none of those things, can be the source to any of them.

If you are reading with sufficient attention, you noticed that on one hand I explain The Consciousness as nothing or zero, on the other hand I describe TC as everything. You have two mutually opposing descriptions.

Well, be aware that none of these two is correct. Descriptions are attempts to make you grasp the idea, but whatever you imagine that The Consciousness is, you are wrong. However, meditating both descriptions may help you to become closer to comprehending The Consciousness.

Keep in mind both of these images; later, when we talk about IAM, mind and Life, you will be able to understand deeper.

I acknowledge that until now I was philosophizing, because how am I to explain the inexplicable The Consciousness? Anyway, from now on, I am going to be more precise, more scientific and more based on physics. In order to realize that, first I need to define something concrete, a plausible thing that we can understand and deal with. So, where are we going to take that thing from? What would be the simplest thing to start with?

The Consciousness is not plausible, so we need to create something that we can deal with. We need to do the first concrete step. In other words, there is a need to create the most basic unit. Having such an unit, we can deal with it as we do with a concrete thing.

This situation could be compared to the XYZ axis. If we stay only at its 0 (zero), what can we do beside philosophizing? In order to do something more useful, we need an unit.

For this purpose we create 1 (one), the most basic unit, and we mark it on the X, Y, Z axis. Having 1, we can do all sorts of operations with it; for example, to produce unlimited array of numbers by mathematical operations. All of these operations will be logical and understandable by the intellect; there will be no need to philosophize.

In fact, the XYZ axis was only a comparison for easier understanding. I did not want to get stuck at The Consciousness and philosophize any longer; that is why I created something concrete in order to step out and continue the story.

In fact, I do not need to create anything because the basic unit always has been there. What I needed to do is to give it a name. I have given it the name IAM (capital I, capital A, capital M written together, to clearly

distinguish it from 'I am').

IAM is the primary thing which emerges from The Consciousness. IAM is the source or the basic unit upon which everything else is built. Having emerged from The Consciousness, IAM becomes the origin of Life. However, I need to emphasize it, **IAM is an illusory or imaginary piece of The Consciousness**. How? Let me make another comparison.

Let us once again consider the limitless and timeless ocean example described above. Logically thinking, this limitless ocean consists of infinite number of droplets. In you imagination, when you look at this ocean, you do not see the individual droplets, of which some can be as small as a simple H₂O molecule, but you know that they are in the ocean water.

In this ocean example, IAM is compared to a droplet. The ocean is The Consciousness and a droplet is IAM. Be aware that although we talk about shapes and amounts to make the imagination easier, in fact The Consciousness and thus IAM are not bound by space or time. Later you will learn that space and time are created in the mind.

To make understanding easier, I compare The Consciousness to a limitless ocean, and IAM to one of ocean droplets. Once again, I emphasize, please do not think in terms of dimension, universe, space, size or time because The Consciousness is not bound by anything, thus IAM is not to.

To continue, imagine that you ask one of these droplets: "What are you?" The droplet can give you one of these answers:

1. I am the ocean.
2. I am an individual droplet.

Both answers are right but they emphasize a point of view, a choice made by the droplet.

The ocean and droplet serve as a comparison, in fact we are dealing with The Consciousness and IAM. The question is directed to IAM, therefore the answers would be:

1. I am The Consciousness.
2. I am IAM, a separated individual.

IAM is one with The Consciousness similarly as a droplet is one with the ocean. IAM exists within The Consciousness similarly as a droplet exists within the ocean.

IAM and The Consciousness are the same thing, but they are seen differently, considered differently and perceived differently by the intellect.

IAM is an imaginary piece of The Consciousness. IAM would not exist without The Consciousness and The Consciousness would not exist without IAM. In the same manner you can imagine that a droplet would not exist without the ocean and the ocean would not exist without droplets which constitute it. Can you imagine all of that without paying attention to space and size?

Although we say that IAM is one with The Consciousness, IAM may imagine that it is not The Consciousness. IAM can create an illusion that it is a separated individual entity.

This is where all the fun, called Life, begins. IAM can be considered something real, something which emerged from The Consciousness and becomes separated entity. The Consciousness can be considered something unreal, unimaginable and impossible to understand.

Why do I insist that you understand IAM? I do because I want you to be aware that **IAM is the essence of every being**. IAM is the creator of everything that comprises any being and its life.

The Consciousness



I A M

Your body is not you; your mind is not you; these two are your tools. What are you? **In your essence, in your origin, you are IAM.** Man is a being that is created by IAM. The same goes for every other being.

IAM creates the mind, and the mind creates the rest that is called Life, which includes dimensions, energy, matter, thinking and so on. I will explain this in detail later.

If I insisted to graphically present how IAM is emerging from The Consciousness, I would make a picture which follows. You can see the black background again, representing The Consciousness. Then, you can imagine, as the picture suggests, that something expands from within The Consciousness, from an undefined point.

If you think as a scientist, you probably could compare this picture to an image presenting the “Big Bang”. Religious people would compare this picture to the creation of the world or Life, showing how Light appears from nowhere and expands.

Indeed, the idea of creation or origin of Life or universe has been present in religions and science.

Throughout the history of humanity, while explaining IAM, teachers gave it different names. You remember that the teachers did the same while teaching about The Consciousness. That is why, when you study ancient or present teachings, religions, philosophy etc., you can find different names describing IAM; this often is quite confusing. Here are some examples of names for IAM:

God, The One, supreme I, higher I, super-consciousness, The Origin, The Creation, The Supreme Being, The Absolute Truth, The Source of Life, The Existence.

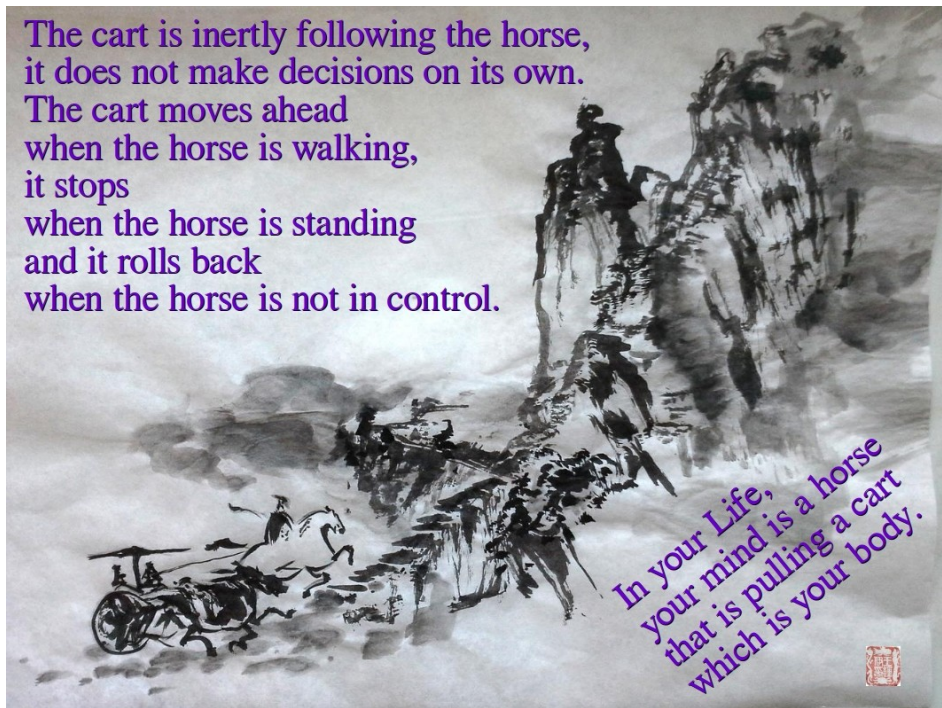
Especially in ancient scripts, you can find stories about IAM, how it is created, how it emerges from The Consciousness. I will take an example

from Chinese history again, from *Dào Dé Jīng* (道德經), where IAM is called Yī (一) which translates to One. In this scripture the origin of IAM is described in one short sentence: 道生一, which, if literary translated, would be: *Dào* gives birth to One. Following the terminology from this book, the translation is: The Consciousness gives birth to IAM.

To make a long story short, just remember that IAM is the essence, the creator or origin of every being. **Your body and your mind are not the real YOU, they are your tools.** Those tools were created by IAM. The same is true about every man, animal, plant or any other being.

THE MIND

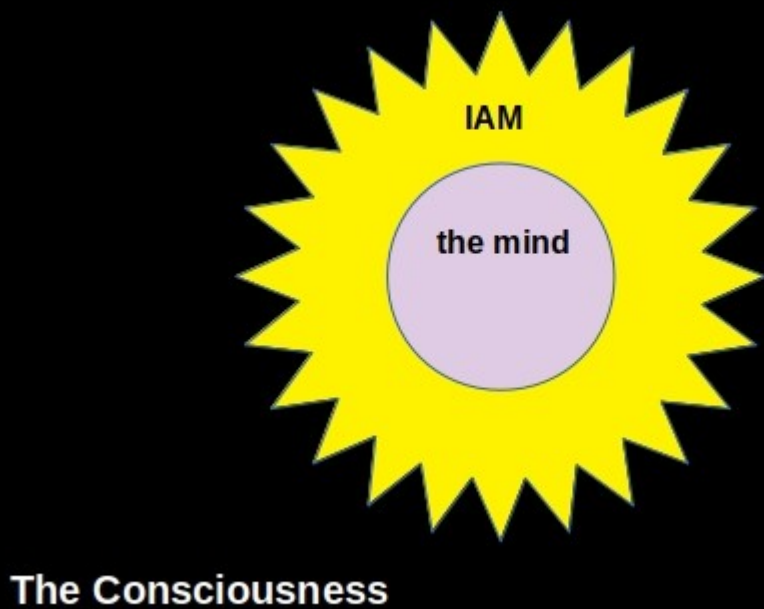
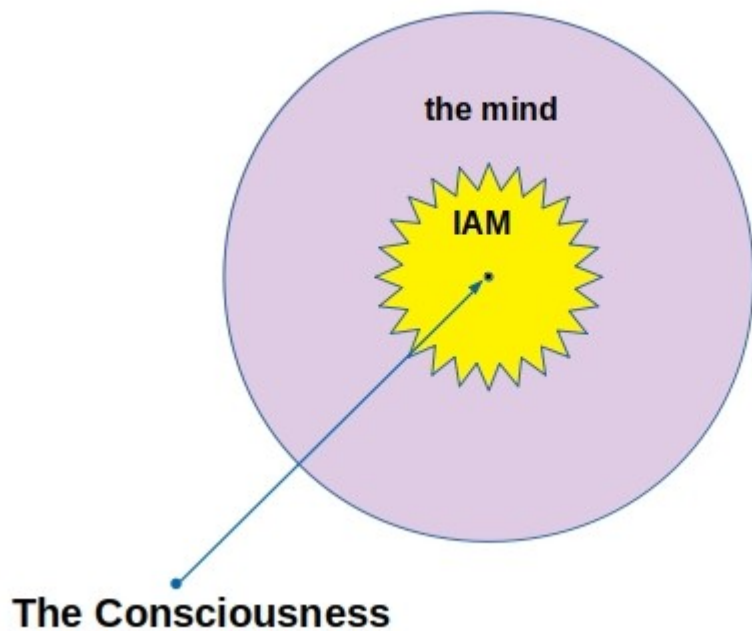
The cart is inertly following the horse,
it does not make decisions on its own.
The cart moves ahead
when the horse is walking,
it stops
when the horse is standing
and it rolls back
when the horse is not in control.



*In your Life,
your mind is a horse
that is pulling a cart
which is your body.*

In our daily life, we do not feel that we deal much with IAM or The Consciousness, but most people are aware that we extensively use the mind. The mind has created, and now sustains, your body in Life. Knowing your mind structure and functions, makes you more aware of Life and allows you to design it. Here, I explain it in detail.

The Consciousness creates IAM, then IAM creates the mind. In other words, the mind is built by IAM which first emerged from The Consciousness.



These two drawings present this structure visually. Both drawing can be considered correct because The Consciousness, IAM and the mind are not defined by dimension, space or time. Therefore, in order to help the intellect to imagine The Consciousness, we can draw it as an infinitely small point or as something occupying the entire space.

You can imagine one of these processes:

- IAM expands from a point of The Consciousness, then the mind expands from IAM (upper image);
or
- IAM appears within The Consciousness, then the mind is created within IAM (bottom image).

Whatever you imagine that process, be aware that The Consciousness is the origin from which IAM appears, then IAM creates the mind.

This sentence describes something very important, the pre-origin of Life, which will become clear to you later. For now, I take another example from the Chinese history, again from *Dào Dé Jīng* (道德經), where the mind is called Èr (二) which I translate to Two. In this scripture, the creation of the mind is described in one short sentence:

Dào Shēng Yī (一生二), which, if literary translated, would be: One gives birth to Two. Following the terminology of this book, the translation is: IAM creates the mind.

As I just mentioned, this sentence describes the pre-origin of Life. In order to understand what Life is, you need to know much more about the mind, what mind consist of and how it functions.

Look at the next picture which presents the structure of the mind. I intentionally expanded IAM as if I zoomed in it, to clearly show what is inside. Remembering this structure is very important for understanding

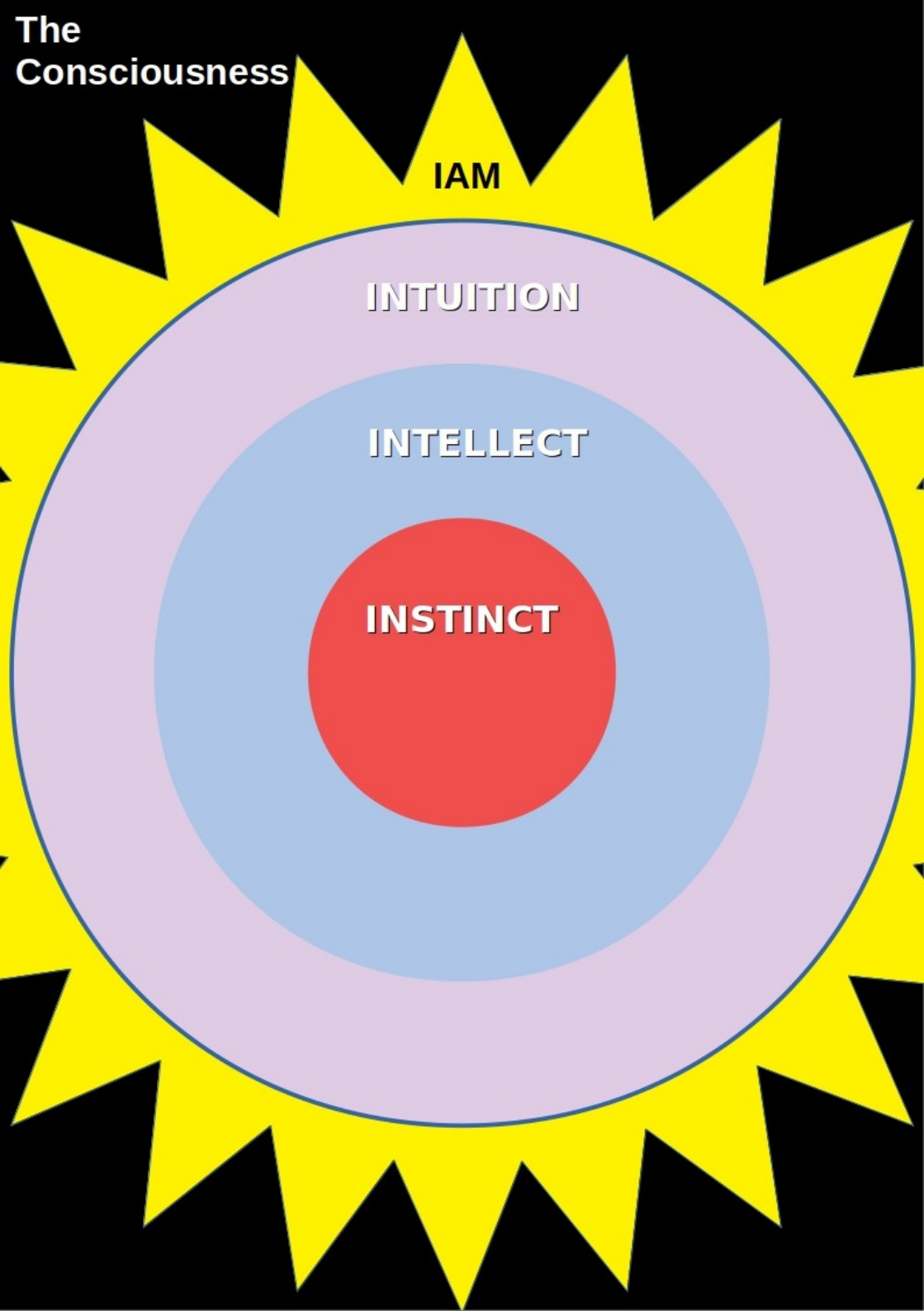
The Consciousness

IAM

INTUITION

INTELLECT

INSTINCT



further explanations in this book.

The mind is a device created by IAM. Be aware that this device is not limited by dimension, space, time or matter. In other words, the mind is an immaterial device which does not exist in space or time, it exists only in IAM. Space and time are created in the mind.

The mind is a device created by IAM for one purpose, to create Life. The mind designs and runs the game titled “Life”, or I can say, Life is run in the mind – more about this later.

By the way, do not misunderstand, I am talking about the mind, not about the brain which is a material device, part of the body, a different thing.

The mind consists of three parts: instinct, intellect and intuition. Every part serves specific functions in creating and running the game titled “Life”. While reading my explanations about instinct, intellect and intuition, look at the next picture.

INSTINCT

Instinct can be compared to an operating system of a machine, for example a computer. As you probably know, an operating system is the most basic software running a computer, a phone, etc. Without the operating system, such a machine is just a dead piece of hardware.

Instinct runs the body, be it the body of human, animal, plant or any other material or immaterial being. This implies that instinct consists of programs and data which can be stored in memory. Whenever you need to remember something, your intellect accesses the memory of your instinct. This memory storage is also immaterial, as the entire mind is.

A program is a self-functioning mechanism which is working exactly the way it was designed (written) to. The program does not think, it has no emotions and does not do things which it was not programmed to do. Also, keep in mind that instinct does not think.

Do you remember when you died last time? What I mean is not that you died, it was the previous body you were using, which stopped working for whatever reason it was.

If you remember what happened, then you can recall that after your body stopped working, you discarded it. Although your body was left dead, you did not lose any memory, you still remembered. Even now you can retrieve memory from time when you were using previous bodies, this is so-called past life memory. Well, maybe you would need first to exercise this ability if you do not recall immediately.

Memory is stored in instinct, not in brain, that is why you can keep your memory as long as you use your mind. Once you switch off your mind, or destroy it, all its memory is lost.

Instinct runs the body, which implies that all the feelings and emotions are in the instinct. Indeed, what man calls feelings and emotions, are just programs run in their instinct.

In fact, instinct run trillions of programs. Every atom building the body is also operated by instinct, thus is every cell, thus is every organ. All the body senses are input devices operated by programs.

Have you noticed how much of your behavior is automatic? In fact, if you do some research, you might be surprised that almost entire body behavior, including what you say and even a lot of you think, are results of programs running in your instinct.

Having observed people for a long time, I can conclude that some people behave almost like machines. I have noticed that the more people use

electronic devices (especially mobile phones), the weaker their mind abilities become. Their behavior becomes more and more similar to machine reactions, even when they are thinking.

I just said that feeling and emotions are also results of programs running in instinct. As strange as it may sound, but the fact is that when you love or hate somebody or something, it is not you, it is programs running in your instinct and producing that love or hate reactions.

Happiness, sadness, fear, courage, liking, anxiety, loneliness ... you can mention more – all of these are reactions of programs running in instinct. Besides that, we have hunger, thirst, pain, pulse, body temperature and all the other physiological functions of body – all of that are programs running in instinct.

Instinct is programmable, in other words, programs can be inserted in instinct, deleted from it or modified. This programming can be done in variety of ways. You can do it consciously by using instinct programming techniques. However, most of time instinct is programmed by external influence, for example: place, color, sound, talk and behavior of other people. Remember this very important information – **you can consciously program your instinct and thus change your life.**

Your parents gave you the most basic programming of your instinct. Later, while you were being educated by your family members, kindergarten, schools, etc., all of them programmed most of your behavior. Presently, people with whom you live, work, play, etc. have the biggest impact on your instinct. You can add to this list mass media, films, events and other emotional factors – they may have the biggest impact on your instinct now.

There is a lot to learn about instinct, it is a vast topic. Studying psychology, sociology and computer programming allows you to understand instinct better. Many books were and will be written about

instinct.

Nevertheless, for now I suggest that you remember this.

Instinct consists of data and programs. Instinct does not think, it just runs programs and keeps memory. Instinct knows nothing.

INTELLECT

I compared instinct to the operating system of a computer. To process data, the computer must also have a processor, which is sometimes called computer's brain. Intellect can be compared to the processor in a computer.

Intellect is the part of mind which does all the thinking which means data processing. Thinking includes processing thoughts and images, and also data coming from senses.

Remember, intellect does not have any memory or knowledge, this means that intellect first retrieves data from memory or receives it from senses, then it can process it, that is to think.

Intellect is the part of mind which people are most aware of, in other words, I can say that man lives mainly in their intellect. Look at your life, look at the world – what do you see? All the human creation, be it art, science or technology, all of that first was processed by intellect before it was realized in matter.

Intellect works approximately in this way – first it retrieves data from memory or from senses, or it creates a question. Next it contrives, calculates, analyses, tries, imagines, projects, solves etc., until, finally, it creates an answer or solution. This answer can contain the next question.

The thing which passes, from the having a question until giving the answer, is called time. Time exists only in intellect. Normally, intellect

cannot function without time. Intellect has been creating time so that it can function. There is no time beyond intellect, therefore it can be said that time is an illusion created in intellect. The same is with space.

Intellect is a part of the mind, a tool used for conscious programming of instinct, for finding solutions and for creating. Your daily life is created in your intellect first. Your decisions are created there. You bring problems into life and get rid of them also in intellect. Using intellect, you may or may not think logically, communicate with beings, explore, learn, search, solve tasks and answer questions.

If you were not using intellect, you would behave as a thoughtless animal. Your body would not behave according to the decisions of your intellect, it would only follow programs of the instinct. This is what sometimes happens to man, especially to those with weakly developed intellect. Their body is more ruled by instinct than by intellect. You have probably have seen such people.

Man's intellect is a very useful tool. Without using intellect, people would still be living like animals in nature. Their technology would consist of the level of their muscle strength and the speed of their movement.

However, using intellect can make man suffering. Some examples include using intellectual abilities to destroy nature and making tools to kill people. Some people use their intellect to manipulate others in order to enslave and reign over them. When instinct takes control over the body, later, such man often regrets what they said or did.

Intellect has another name – “free will”. It means that at any time when man uses intellect, they can choose. Those beings who do not have or use intellect, cannot choose freely, they have no free will, they will act according to program outputs from their instinct.

Man can unknowingly use false information to create beliefs in their own life. Such man creates problems and thereby unconsciously programs instinct, which brings sufferings caused by their own unaware thinking. If you do not wish to suffer, do not blindly believe all information. Things that are written, spoken and seen are only information; it can be true or false. If you believe without thinking, you are asking for suffering.

Take advantages of your intellect that you control. It must serve you because it is your tool. It has to serve you in solving problems, so that you will understand and learn efficiently. Intellect has to serve you in making efficient visualizations, so that you can modify programs of your instinct for your own benefit. Make intellect obey you.

Sometimes you need to switch intellect off. Thanks to this ability, you can, for example, fall asleep at will, cut off attention from stimuli of the environment, do mind exercises more efficiently. When you sufficiently control intellect, you can become aware of messages from intuition or use an almost perfect method of communication which is telepathy.

Please, remember – intellect has no memory and no knowledge, it only thinks, that is operates data.

INTUITION

Once again, let me compare a computer to the mind. In this comparison, as you remember, instinct is the operating system, and intellect is the processor. The third part of the mind, intuition, can be compared to man operating this computer.

Intuition is the part of the mind which contains all the knowledge, therefore I can say, intuition also contains all the truth. Intuition does not think and does not act, it only knows.

Intuition knows everything without any question, thinking, creating or searching. There is no question in the intuition. Even if a question appeared, at the same moment the answer would be there too. Actually, there is no such a thing as a ‘moment’ in intuition. Time, space and bi-polar world do not exist in intuition. They are creations of intellect, which were built into instinct as continuously running programs.

Intuition, which is a part of the mind, is also your tool, a powerful one. When you can fully use intuition, you do not need to look for information through intellect. Consequently, schools become redundant, nothing can be hidden from you. You merely need to turn your attention to anyone or anything, if you decide to know everything about them immediately. I could say that you learn so quickly that there is no chance for a question to be formed. If you used intuition to know, this book would be useless for you. In less than one second, you would know everything written here. In fact, you would know much more.

Man uses intuition when they want to know something immediately. Things that are not available for the intellect or would require too much time and energy for thinking, can be made clear by using intuition.

On the other hand, using intuition makes man to see life less interesting. What is the fun of knowing everything about a topic or about someone, just at your wish? What fun Life would give you if you knew all the past and future? Then, there is no secret for you, there is nothing to discover or research.

Have you heard the term “enlightenment”? I bet you did. What is that? Simple explanation – intellect can access any information from intuition at will. I will explain about enlightenment later.

Now, let me summarize the three parts of the mind.

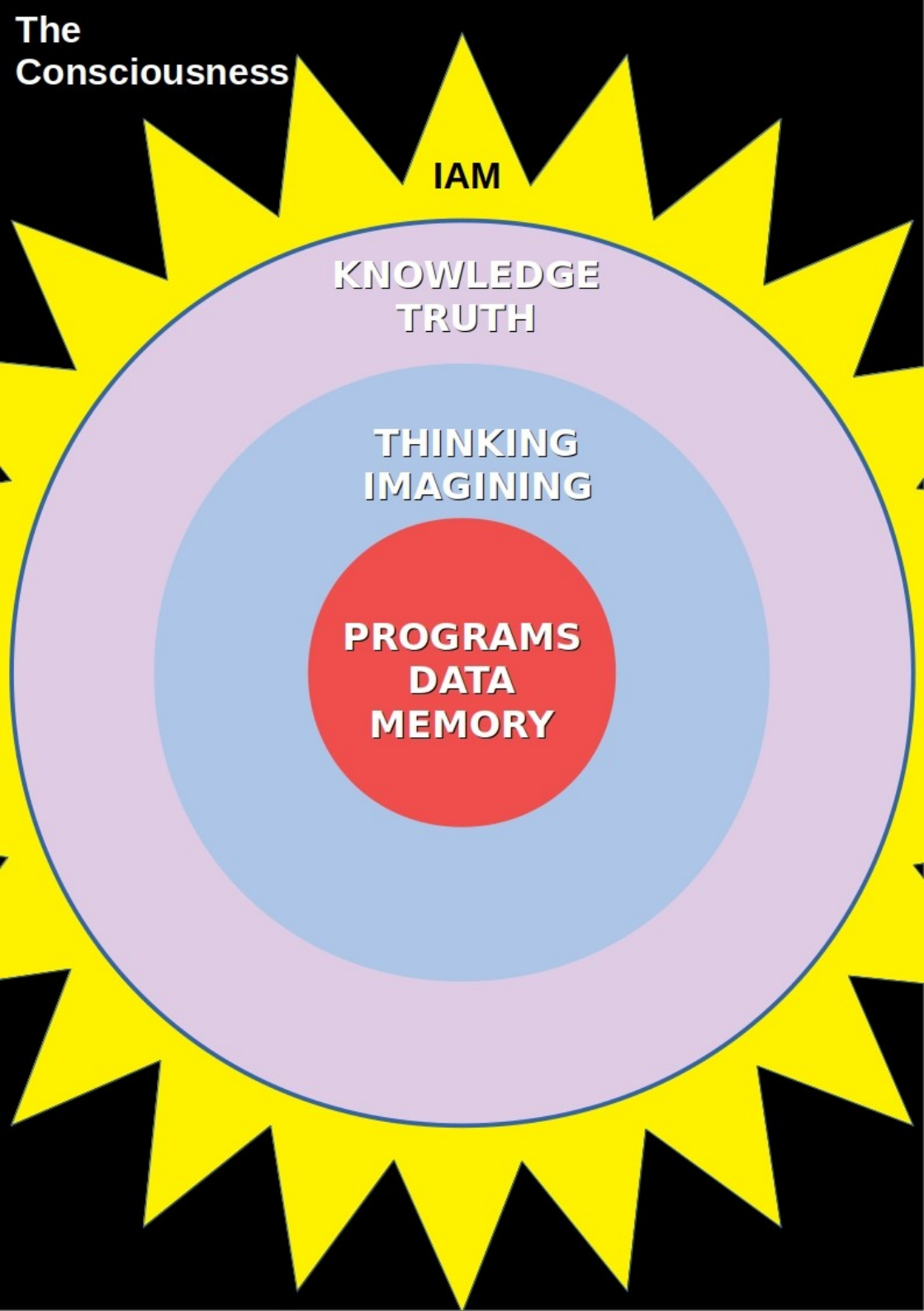
The Consciousness

IAM

**KNOWLEDGE
TRUTH**

**THINKING
IMAGINING**

**PROGRAMS
DATA
MEMORY**



Intuition only KNOWS (truth), it does not think and does not act.
Intellect only THINKS (processes data), it does not know and does not act.
Instinct only ACTS (runs), it does not know and does not think.

ACHIEVING PERFECT RESULTS

Do you know what you need in order to successfully realize something perfect? “Perfect” in this sentence means so good that it cannot be improved for the purpose that it was created for.

To successfully realize something, you need to utilize all three parts of the mind. First, have knowledge. Second, think how to apply that knowledge. Third, act to realize that something.

Knowledge needs thinking and then action to be realized. In other words, action should follow thinking which should follow knowledge.

KNOWLEDGE → THINKING → ACTION => PERFECT RESULT

You can see this process on the next picture.

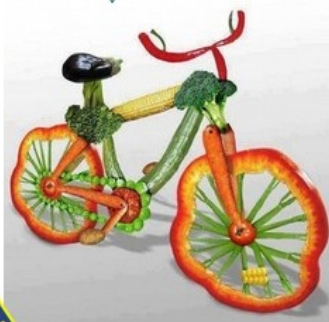
When I
KNOW



I can **THINK**
of a plan



and realize it in
ACTION.



KNOWLEDGE → THINKING → ACTION ⇒ PERFECT RESULT

Look around you, observe the world, pay attention to human technology – what do you conclude? Is all of that perfect?

Well, you may have a different opinion, because it depends. Let me describe like this.

When you look at human life on Earth, you can see that civilizations arise, develop, fall and self-destruct. The present human civilization is on similar way. I can clearly see that it is going to self-destruction. Why? Technology and cities built by people destroy nature which sustains human life on Earth. The more people develop their civilization, the more and quicker they destroy their own life on Earth.

I guess that I do not need to give you any example, I believe that you are intelligent enough to see what I mention here.

Why human technology on Earth destroys life to the point of self-destruction of civilization?

The main reason is that people do not have sufficient knowledge, in other words, people do not know how to access knowledge from their intuition. When people create something without knowing enough, they do that based on their beliefs. A belief is the lack of knowledge. This kind of human activity is called ‘doing without knowing’; therefore, instead of:

KNOWLEDGE → THINKING → ACTION => PERFECT RESULT
people proceed:

? ? ? → THINKING → ACTION => HARMFUL RESULT

In fact, this is a large topic, a thick book can be written about the process of producing results with or without knowledge.

IAM emerged from The Consciousness and produced the mind, then the mind produced a game titled “Life”.

In other words.

The game titled “Life” is run in the mind which is a tool built within IAM which emerged from The Consciousness.

Commonly, when we say “you”, “I”, “he”, “she”, “it”, we mean the respective ‘body+intellect’ structure. The ‘body+intellect’ structure is the character in the game titled “Life”.

For example:

you = your body + your intellect;

she = her body + her intellect;

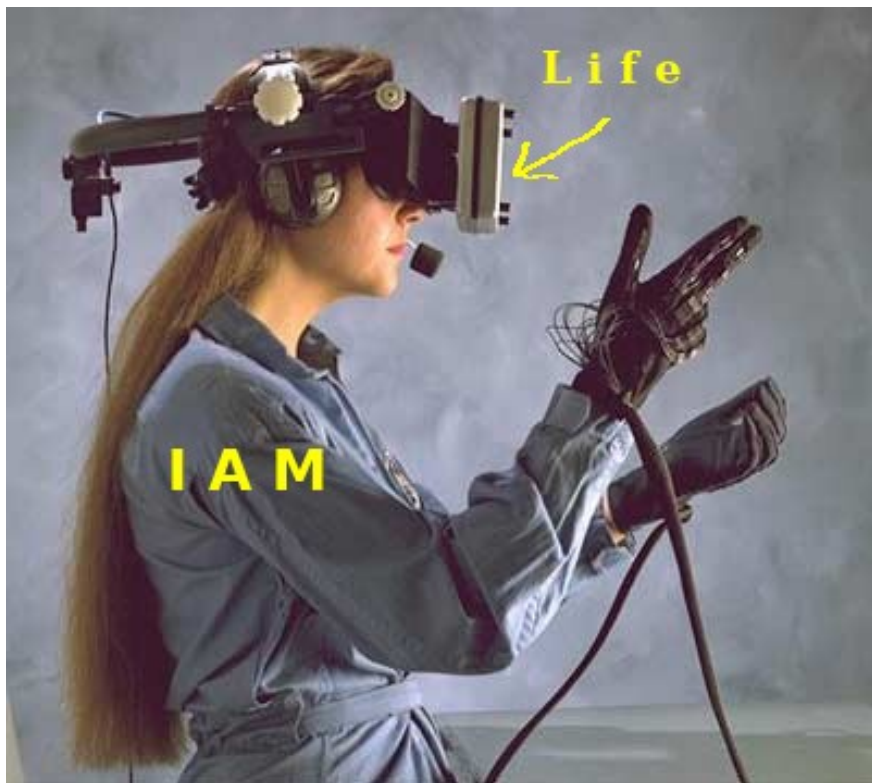
In order to avoid a misunderstanding, I introduce a new term ‘you(IAM)’ which means ‘your IAM’. I will use you(IAM) when I want to emphasize that I am referring to your IAM, not to you which is your ‘body+intellect’ structure.

Life is a game run in the mind. Although this statement may sound strange or shocking to you, you(IAM) are, simply, playing a game. The title of this game is “Life”. Your body is the main figure / character in this game. In your(IAM) game the world turns around you. Got it?

Do you know, why IAM plays a game? There is a simple answer for intellect to grasp the idea – IAM has nothing to do, so it enjoys a game called “Life”. IAM enjoys the illusion created by this game.

In this case, IAM can be compared to a man who has nothing to do, so he is bored. This man has built a very sophisticated and advanced computer which displays a very vivid multidimensional virtual reality, so that this man can enjoy the illusion.

The illusion of this game is so unbelievable realistic that this man forgot about himself, he forgets that he is not the game character that he is playing. He, simply, has focused so deeply on the character, so strongly identified himself with it, that he forgot what he really is, so now he thinks that the character in the game is the real he. He forgot the fact, the truth that he is IAM which lost itself in the very realistic illusion of the game.



Unbelievable, so realistic, it makes me forget myself !

When you play a game, you may become engaged emotionally so much that you forget about yourself, you forget that all of that is not real, that you are just playing. Only when somebody tells you “Hello!, wake up and cool down, this is just a game, it is not true.” – you awaken from the game, exit or just switch it off.

IAM does that, it engrosses a game which is called “Life”. IAM has deliberately forgotten about that fact and thus is now engaged in the virtual realistic illusion, something which does not exist beyond its mind.

At some point in Life, IAM may somehow realize that it is just playing a game in its mind. This moment is often called “enlightenment” or “awakening”. In this moment IAM becomes aware about the truth. The truth is that IAM is not the body or the mind in the game.

Many people want to become enlightened or awakened. They strive on their own spiritual self-growth or self-development path in order to achieve enlightenment. Interesting, when I ask them why they want to be enlightened, they do not know or they answer something that reflects their belief. Then I often tell them something like this.

I warn you, do not blindly pursue enlightenment because if you succeed, you probably will regret it. You do not know what enlightenment causes to man and what may be your first reaction in the moment of enlightenment. You may become really disappointed and sad or angry.

Once you become enlightened, which means that you(IAM) wake up from the game, you become aware of the truth, then you may discover the senseless of everything. You may say “What? This is just a game? Just a senseless playing? Then, nothing is important any more. Why should I continue to care?”

Next, you may become aware of the truth even deeper. You become aware that Life has no sense, your life has no sense.

Yes, you heard me well, the truth is, that like any other game, Life has no sense. What sense playing a game may have besides you enjoying it?

Shocking? It might be shocking and painful for you or it may be releasing you from pain of believing that your life has a sense and that you have to develop yourself in that direction. This is what people blindly following a religion belief.

No, my dear, cool down and become aware of the following fact. Whatever you create or achieve in your life, whomever you become, after you die, you and everything that you ever have done will be forgotten and disappear.

Of course, I do not want you to believe anything that I wrote in this book. Also, I do not want you to become enlightened. I wish you to fully enjoy your game which means, stay asleep, entirely unaware. ☺

When you become bored enough, then you might feel that something is not right, then you may research yourself and find the following truth. You are already perfect. You do not have to do any thing, however, you can choose to do every thing, because you are the Master Creator of your life.

Although Life has no sense or purpose and there is no goal to achieve, just enjoyment, still, you are the Master Creator of your life. This means that you can decide that your life has a sense, you can give it a purpose and set goals. You can also give yourself a mission in your Life, so that playing becomes more exciting.

Why not? If you like it, go ahead, enjoy the illusion of Life. If you do not enjoy Life, what are you going to do? Feel bored? Create a different illusion? Will you tell me?

I suggest, stop reading this book now. Put it away and think again whether you really want to read further. Further on in this book, there might be things even more shocking, so you may become angry and sad because your beliefs will be shaken.

If you are so-called open-minded man, then the opposite may happen. You will build your knowledge, learn how to get out from this illusion, how to switch enlightenment on/off and discover the truth. Then you will no longer be following like a blind sheep and also others will not be able to manipulate you, thus your slavery might end. You will become a free man – very dangerous and forbidden state of man living in a society. Put this book away now and reconsider again.

This is important to remember.

Life is run in the mind. All of the matter is in Life, therefore the body is in the matter.

As you can see in the following picture, Life is an image in the mind, therefore all of the matter also is an image in the mind. To make it clearer, **your body is an image in your mind**. In fact, not only your body, all of the matter, which includes the universe, is an image in your mind.

This picture shows one mind created by IAM. However, IAM can create many minds. One mind can create many games, that is many Lives. To make it even more fun, IAM is not bound by time, so it can create Lives which are in different times, considering it from the viewpoint of intellect. This means that you(IAM) can experience more than one Life in parallel.

In order to make this explanation simpler and clearer, I show only one mind creating one Life, in the following picture.

The Consciousness

IAM

INTUITION

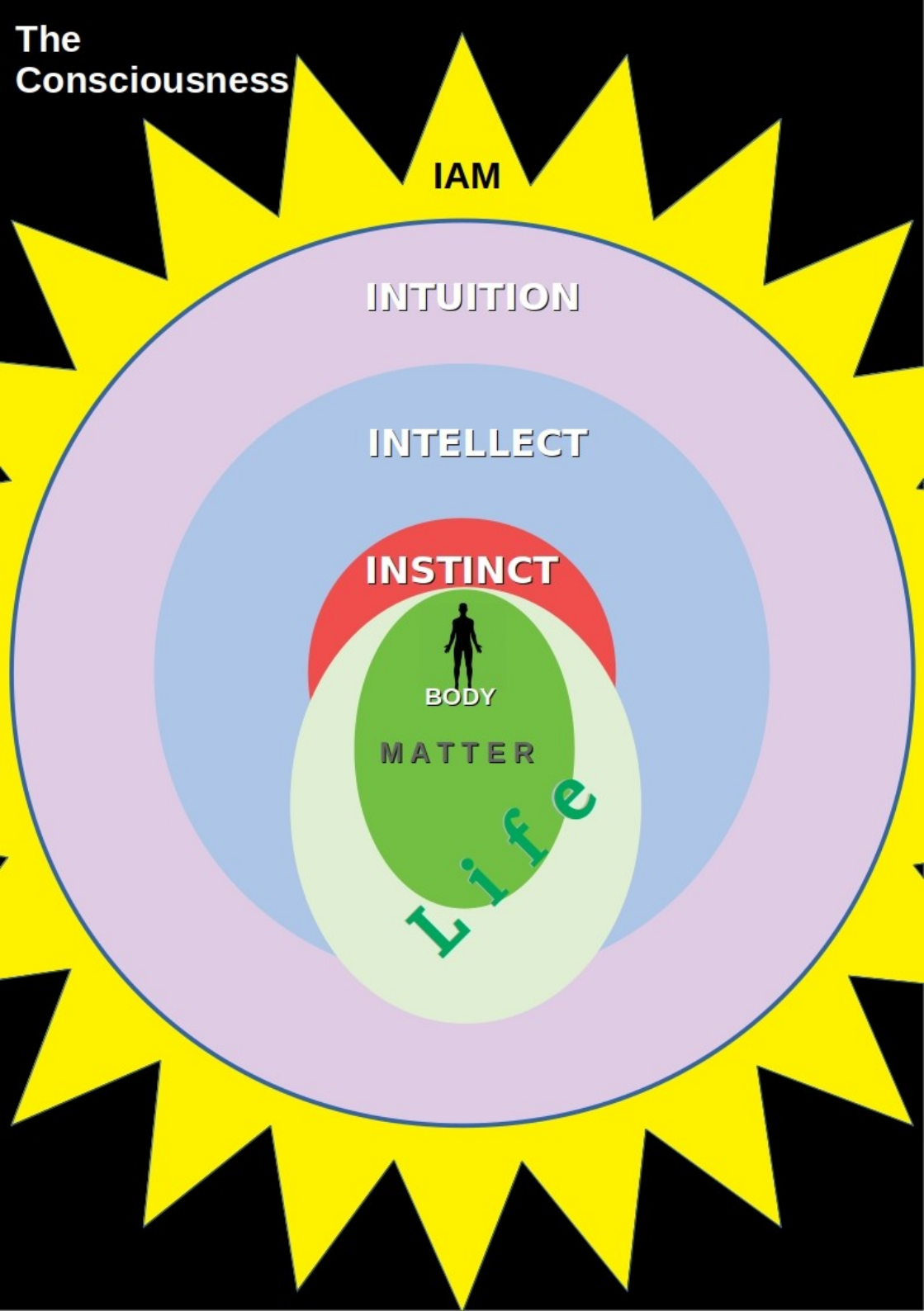
INTELLECT

INSTINCT

BODY

MATTER

Life



MASTER CREATOR OF LIFE

Do you still ask yourself questions like these:

1. What am I?
2. Who am I?
3. Where do I come from?
4. What do I do here?
5. Where am I going?
6. What am I not.

If you want to know answers to these questions, here they are:

- a. 1. I(IAM) am the Master Creator of my Life.
- a. 2. My(IAM) chosen name is IAM; people may call me other names.
- a. 3. I(IAM) originate from The Consciousness.
- a. 4. Having created the mind, I(IAM) enjoy a game titled “Life”.
- a. 5. Nowhere because there is no space.
- a. 6. I am not the mind and not the body.

I hope that these answers are not a surprise for you if you understand the preceding explanations. However, I suppose that you may be not sure about the meaning of “I am the Master Creator of my Life”; so let me explain more.

Think logically, in your essence, you are not the body or the mind. Your body is a very sophisticated machine. Your mind is running this machine and all of the matter. In other words, the mind, a device which you(IAM) have built, creates everything, which includes the entire universe, Earth and the body.

In present days, we would call the mind ‘virtual reality device’. Once you wear this virtual reality device on yourself, you experience an illusion to be in a very realistic dimension, in a game. You know that this game is

not real, it is just images. However, if you engage yourself deeply in playing this realistic game, you may forget that it is just a game, just an illusion. You may identify yourself with the character that you are playing in the game and really think that it is you. When you cool down or when somebody wakes you up from this dream/game, you realize that you were playing a game.

IAM does that. IAM has deliberately forgotten that it is playing extremely realistic virtual reality game. Why? You know, when you forget that you are playing, you can fully enjoy all the emotions associated with the play. Be aware that **Life is a game of emotions**. Yes, all the emotions, especially those associated with suffering, are an essential and most interesting feature of the game. IAM does not want to remember that it is playing, this is how IAM can experience the best fun.

Think logically further – in your essence, in the real reality, you are IAM; I write it “you(IAM)”. This means, that all that exists, including time, space, universe, Earth, your body, is your(IAM) creation.

Wow, that is something gorgeous! In order to create so unimaginable sophisticated and interesting game, you(IAM) must be a real highly experienced specialist. You(IAM) must be extraordinary, super good. Only a real master can create something perfect. So, if we say that you(IAM) are the master in creating Life, we do not exaggerate at all, we just state the truth about you(IAM). You(IAM) are the master, it is a fact.

When talking about yourself(IAM), you(IAM) can truly state this fact by saying:

“In my essence, I am IAM, the Master Creator of Life for my mind and body.”

To make this sentence sound more natural and simpler, just say:

I am the Master Creator of my Life.

I am the Master Creator of my Life.



**This is the most
powerful mantra.**

**When you say it,
you state the fact,
the truth.**



Do you know what is the meaning of “master”? “Master” is a title given to somebody who has the biggest experience and knowledge in a specific field. In other words, master is the most qualified and knowledgeable specialist in their field, so we say that they is the best. By writing the word “Master” with capital M, we can emphasize our respect to that master.

The title “master” relates to a field of activity, to a specialization; so in what field you(IAM) are the master? As I have mentioned above, this field is ‘creation of Life’. You(IAM) are a master in the field of Life creation. There is no other master better than you(IAM) in creating Life; therefore, you(IAM) are **the Master**. This is the reason why I address you “Master” from the beginning of this book. ☺

OK, Master, let us continue with reminding you more about this game; next chapter is about your(IAM) character in Life.

MAN

What is man? Well, you already may be able to roughly answer this question, especially when you look at the previous picture. Let me tell you more in detail.

Man is a structure which consists of two elements: body and mind. The body consists of two parts. One part is visible and sensible, we call it material or physical body, or the flesh. The other part is invisible and insensible, we call it spirit.

Look at the two following pictures, they visually explain what man is. You are already familiar with The Consciousness from which IAM emerged and created the mind. Then the mind creates Life. Life contains all of the matter which includes man's body.

What might be new to you is that the body consists of two parts. As you can see in the pictures, the flesh is in the spirit, therefore we can say that the flesh is a reflection of the spirit.

People usually do not say "the flesh", they say "body" meaning the physical part. For the sake of clarity and explanation about relation between the two body parts, I am using these two terms.

Man is not the only being who has a spirit. Also animals, plants, rocks, planets and other beings have their own invisible parts.

Most people do not see the spirit, however when they exercise sufficiently, their senses become sensitive enough to perceive, that is to see and feel, the spirit.

Remember, man's body is an image in man's mind. In other words, you are not the body, you are not the mind, they are your tools. Your body is an image in your mind. Of course, this mind is created by you(IAM).

CONSCIOUSNESS

MAN

▼
IAM

▼
MIND

▼
SPIRIT

▼
the FLESH



↑↑↑↑↑
SPIRIT

invisible, insensible subtle matter

+

the FLESH

physical hard matter

B
O
D
Y

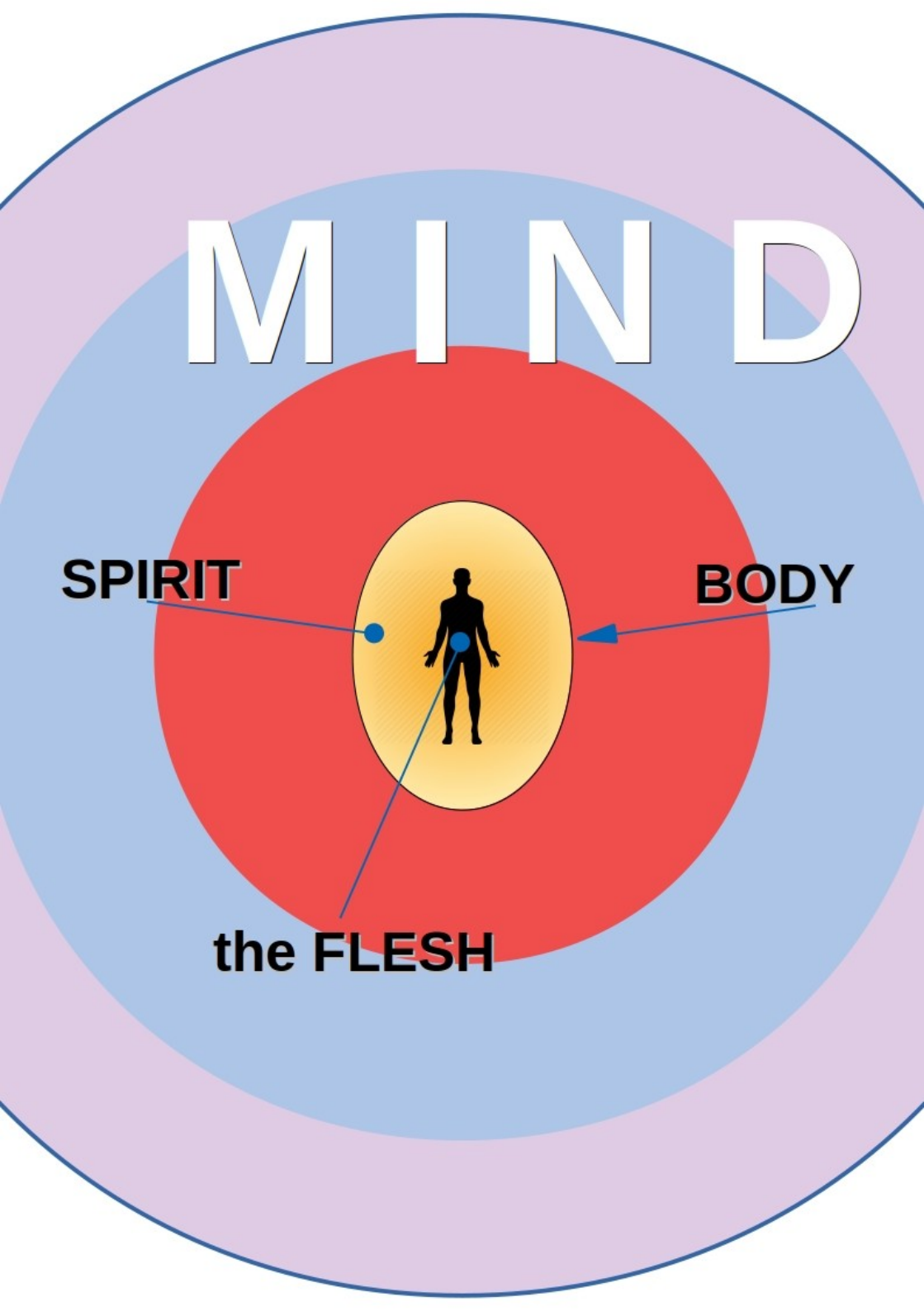


MIND

SPIRIT

BODY

the FLESH



What does this statement imply? Very useful thing – when you change the image in your mind, your body follows. To change the image, you need to know instinct programming methods – more about this later.

SPHERES OF LIFE

Life manifests itself in enormous varieties. What I would like you to learn is types of beings living in Life – I call them ‘spheres of Life’.

To learn about the spheres of Life, consider all the beings living on Earth. You can notice that there are minerals, plants, animals, people and invisible beings. The invisible beings, whatever we call them, normally cannot be perceived, so people need to exercise their senses to be able to perceive spirits. Let me sometimes write ‘spirits’ for ‘invisible beings’.

To understand more about the beings living on Earth, look at the next picture. In the center, you see a point representing The Consciousness. As you remember, Life expands from The Consciousness to infinity.

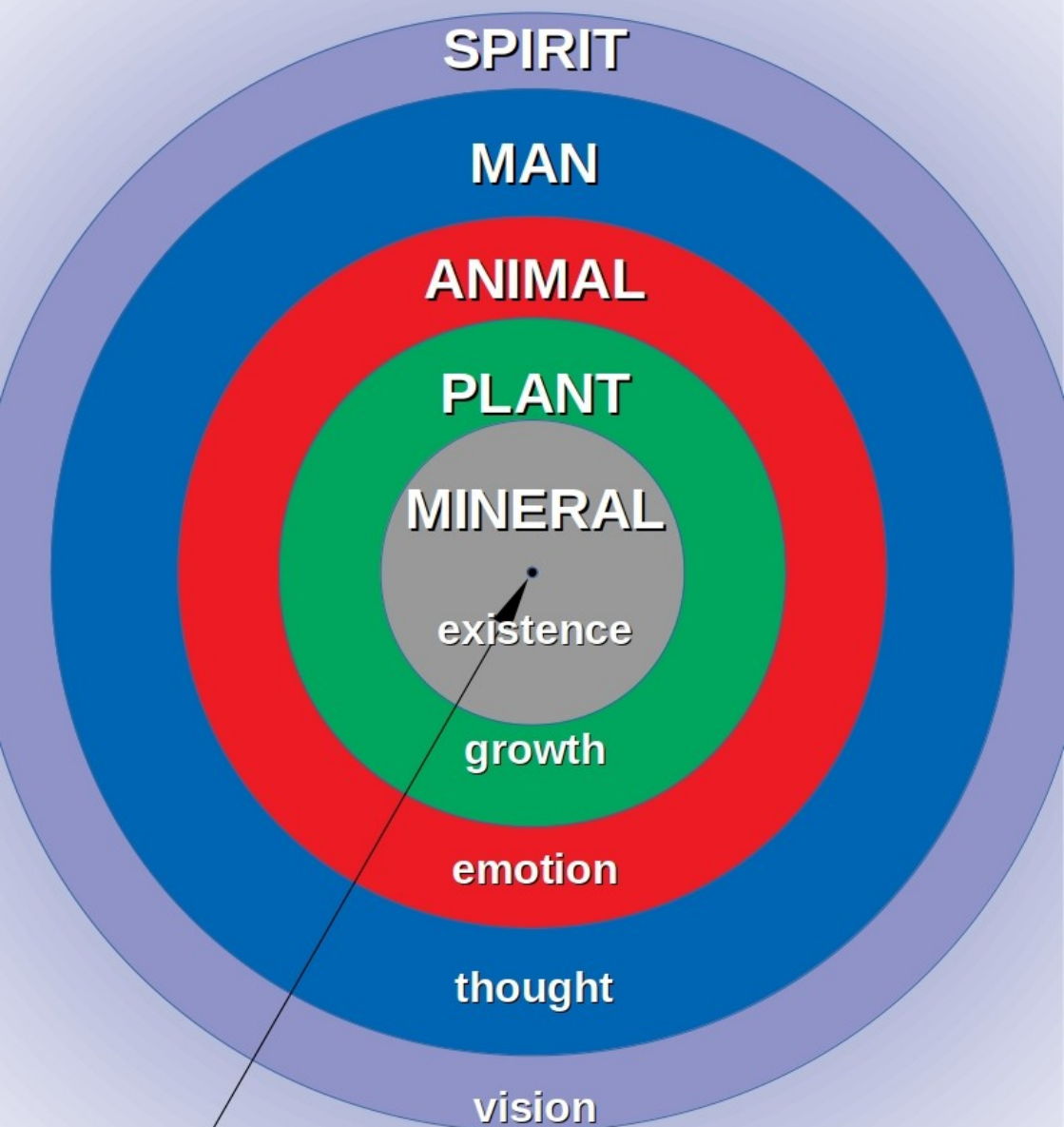
The world of minerals represents the sphere of Life closest to The Consciousness. The world of minerals includes atoms and molecules; on Earth, mostly it would be air, water and rock, sand. The characteristic feature of the world of minerals is called ‘existence’. Minerals exist.

The second sphere of Life is represented by the world of plants. The characteristic feature of plants is called ‘growth’. Plants grow; of course, they also exist.

Animals represent the third sphere of Life. The characteristic feature of animals is called ‘emotion’. Emotions make animals move; of course, animals also exist and grow.

The next sphere of Life is occupied by man. ‘Thought’ is the characteristic feature of man. Indeed, man is focused mainly on thinking. Man exists, grows, experiences emotions and thinks.

SPHERES OF LIFE ON EARTH



the CONSCIOUSNESS

Some beings living on Earth, normally are invisible and insensible for man. Their sphere of Life is called spirit. 'Vision' is their main feature.

Do you think that there are more spheres of Life? Indeed, there are, although people do not perceive them. In fact, Life can be expanded to infinity, so there is no limit in number of spheres of Life.

The picture presents what other people call evolution. You probably have noticed that the more expanded a sphere of Life is, the more developed or sophisticated beings it represents. Obviously, man is more developed, evolved, sophisticated life form than the animal is. The animal is more developed than the plant. The mineral is the most basic life form on Earth.

The sphere of mineral emerges directly from The Consciousness. Indeed, when we move from an atom to smaller and smaller subatomic particles, tinier basic building blocks of matter, we reach something which is not considered matter. Scientists give this thing different names, for example: ether, qì, vril, orgon, quantum field, information field. It is the beginning point where the mind builds energy and then matter.

The mind is in IAM which emerges from The Consciousness; that is why it looks as if mineral were emerging from The Consciousness on the picture, but in fact it emerges from the mind. You remember that it is the mind which creates all of the matter.

The characteristic features that beings of smaller spheres of Life have, are also included in beings of larger spheres. Obviously, the tree is a being much more developed than the rock; then, the dog is a being much more sophisticated than the tree; but man is the most advanced of these. This can be clearly seen that the rock only exists, it does not grow, move or think. The tree, beside existing, also grows. The dog exists, grows and reacts emotionally. Man manifests all of these, plus, man also thinks.

How about the sphere of spirit? Logically analyzing, we would state that highly developed spiritual (immaterial) beings exist, grow, react emotionally, think and ... have visions, or use visions, or are visionary. What is that ability? To make a long story short, these beings can use intuition comparatively as easy as people use intellect. This implies that they do not need to think so much. I hope that you remember, that intuition is a part of the mind, which contains all the knowledge. When your intellect can access intuition, you know whatever you turn your attention to, without asking any question.

I would like you to pay attention to one more thing in this picture. Look, the further a being moves from The Consciousness (the center of the spheres), the more developed it becomes and the more energetic, this means more alive. For example, people and animals are more alive than plants and water. On the other hand, the more alive are beings, the further they are from The Consciousness, that is from the pre-origin of Life.

There are two directions presented on the picture; one can be called expansion or development, the other can be called contraction or regression. This other direction represents movement from the infinity to the center point which is The Consciousness. This direction sometimes is expressed by other sayings, for example: “going back to the origin”, “going back home”, “returning to the source” or “unifying with the creation” or even “unification with God”.

Many people look for when they call ‘self-growth’, ‘spiritual development’, ‘expansion of consciousness’, etc. They may say that they follow a path to ‘self-realization’, ‘enlightenment’, ‘salvation’, etc., therefore they look for the most efficient ways to realize that. If that is also your desire, then I suggest, find your answer by analyzing the above picture. You might come to a conclusion about which direction is the one to follow if you want to realize your goal.

It is not the direction of expanding a sphere of Life or evolving to become more sophisticated being. In fact, it is the opposite direction that you need to follow, inwards, to the center.

Practically, what does that mean? Well, that clearly indicates what to do if you want to “go back to the origin”, “go back home”, “return to the source”, “unite with the creation”, etc.

You need to move from spheres of man to animal and then to plant and mineral.

What people who follow a path to self-realization, enlightenment, etc. do? They do what I call ‘mind exercises’. There is another popular term widely used – “meditation”; so we can say that those people meditate.

Nevertheless the definition of “mediation”, what people usually do when they meditate is sitting in silence. They also relax and go deeper within themselves. Their breathing and pulse automatically slow down. Some masters of such kind of techniques can slow their body processes to appear as dead.

To make a long description short, mind exercises (meditation) move you from the sphere ‘man’ to ‘animal’ or even ‘plant’. Some masters of meditation can go even to ‘mineral’.

When you look at the picture, you see sharp borders between the spheres of Life. In reality, there is no sharp border or a jump from one type of being to another. The expansion of spheres of Life is more like linear flow. When you research the beings on Earth, you can notice that some of them appear to belong to two spheres of Life, as if they were at the border. For example, there are beings which share features of plant and animal worlds.

MORE ABOUT LIFE

The picture of a snake eating its own tail, represents an ancient symbol of continuity of Life. This picture also explains, in symbolic way, what actions can sustain Life or end it.

By eating the tail, the snake provides the body with food to built and sustain its own life. This action symbolically represents creation of life for the body, therefore it can be called ‘birth’.

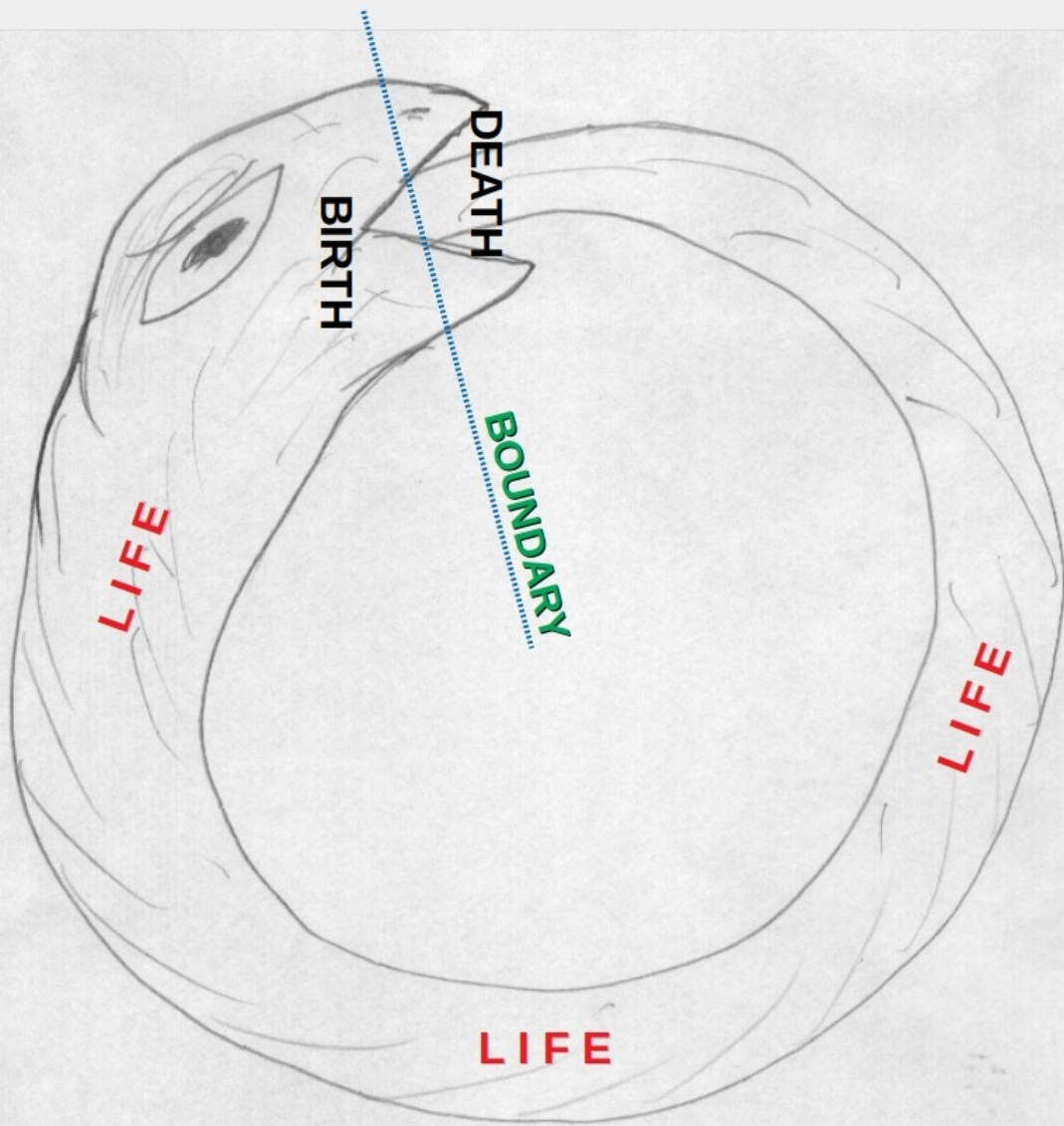
On the other hand, by eating its own tail, the snake kills it. This action symbolically represents destruction of body life, therefore it can be called ‘death’.

Imagine that the snake eats the tail very, very slow – what would be the result? Simple, not enough food will make the snake body starve to death. Now, imagine the opposite situation, that the snake eats the tail too quick – what would happen? I guess that you answered correctly; the tail will not have enough time to grow, therefore the snake would eat itself to death.

These two answers allow you to draw a conclusion, that life of the body can be sustained only when the both factors, death and birth, are in balance. When one of these two is in excess, life of the body will end.

This is one of principles for creating and sustaining Life. Both, together **birth and death create Life**. When birth and death are in balance, they sustain life of a being . Too much birth or too much death will end life of the being. The symbol of a snake eating its own tail represents the principle of creating life of a being by both birth and death. Birth begins a new life of a being, whereas death supports birth of a being. The life period of a being exists between its birth and death.

BIRTH + DEATH SUSTAINS LIFE



Life is an eternal movement in a circle,
between the boundary of birth and death.

Life is eternal when birth and death
are in continuous balance.

In other words, the **unity of ‘birth+death’ creates and sustains life** of every being in this game of Life.

In fact, this principle relates not only to eating, it relates to almost everything what beings do in their life.

EXTREMES IN LIFE

Have a look at the next picture where two lines define areas of extremes. Beings remain alive between these two borders. When a being does too little or too much of the mentioned things, the life of their body ends. When a being does not cross any of the two barriers of extremes, the life of their body continues.

Practically speaking, be aware that anything you do in excess weakens your life. The more things in your life are balanced, the longer you are able to continue living in this world.

There are people who go to extremes in some fields of their life. World sport champions may be good examples. They do achieve extraordinary results, for which they are admired and glorified, but on the other hand, they use up their body more than people who keep balance in sport. Later, their body will show signs of premature wear out.

Everybody has their own capacity which limits them in whatever they do. If you care about your psyche and body, I advice you not to go to extremes. If you want to have a very good result in something, you can achieve it when pushing yourself to not more than 62% of your capacity while exercising that. However, be systematic, keep discipline, exercise regularly, do not give up, pursue till you achieve the desired result.

LIFE

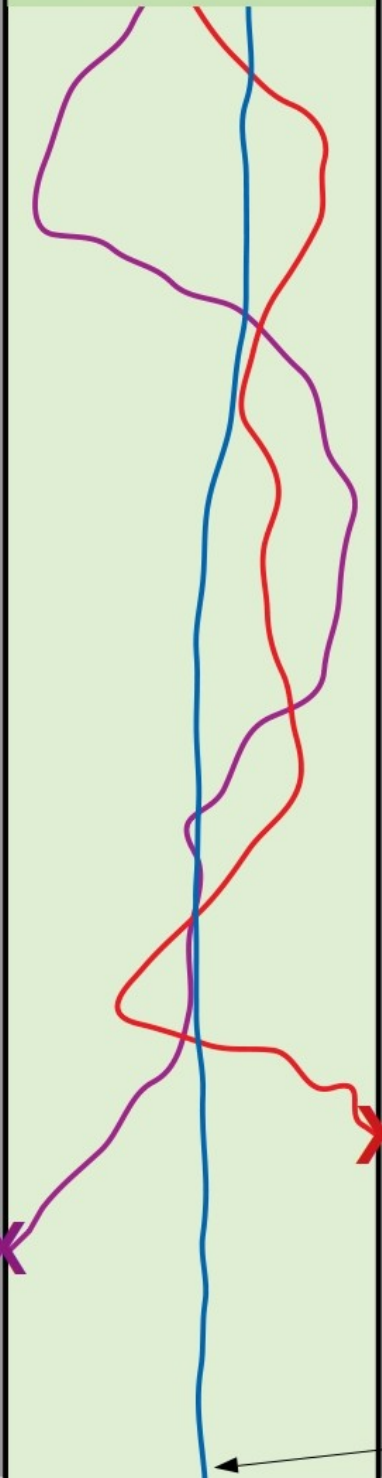


TOO LITTLE

EATING
DRINKING
SLEEPING
WORKING
LEARNING
THINKING
EXERCISE
REST
BREATHING
LOVE
KILLING
GIVING BIRTH
HELP
PROTECTION
RISK
SUFFERING
COMFORT
WARM
COLD
LIGHT
SUNSHINE
DARKNESS
and so on ...

TOO MUCH

EATING
DRINKING
SLEEPING
WORKING
LEARNING
THINKING
EXERCISE
REST
BREATHING
LOVE
KILLING
GIVING BIRTH
HELP
PROTECTION
RISK
SUFFERING
COMFORT
WARM
COLD
LIGHT
SUNSHINE
DARKNESS
and so on ...



END OF LIFE X

X END OF LIFE

LIFE CONTINUES

In any field of your life, if you stay between 38 and 62 percent of your capacity, you shall achieve the best results. These results will remain with you much longer than results achieved by pushing to extremes.

UNIVERSAL PRINCIPE OF CHANGE

There are some principles that rule life of all beings in this universe. One of them is the Universal Principle of Change (UPC). Whether it is an atom, plant, man or spirit, all of them are subjects to this rule.

In general, beings of less expanded sphere of Life are used for creating or sustaining life of beings of more expanded sphere of Life. In order to be used, beings may be killed, consumed, destroyed or disassociated by other beings.

The UPC rules from the smallest particles of matter to the entire universe. This principle causes continues transformation of one type of matter to another.

The picture of a snake eating its own tail is one of examples describing UPC. Look at the next picture, where you can see a being composed of a sun and a black hole. That picture illustrates UPC in the cosmic scale.

When you look at the sky, you can see the Sun. At night you can see many suns, they are called stars. Let me talk about our Sun. The Sun is an electric body, like a huge spark or a ball lighting. For very long time, the Sun has been emanating energy which sustains lives of enormous number of beings in our solar system. If the Sun would extinguish, all that life of so many beings would end.

SUN + BLACK-HOLE

BEING

BIRTH

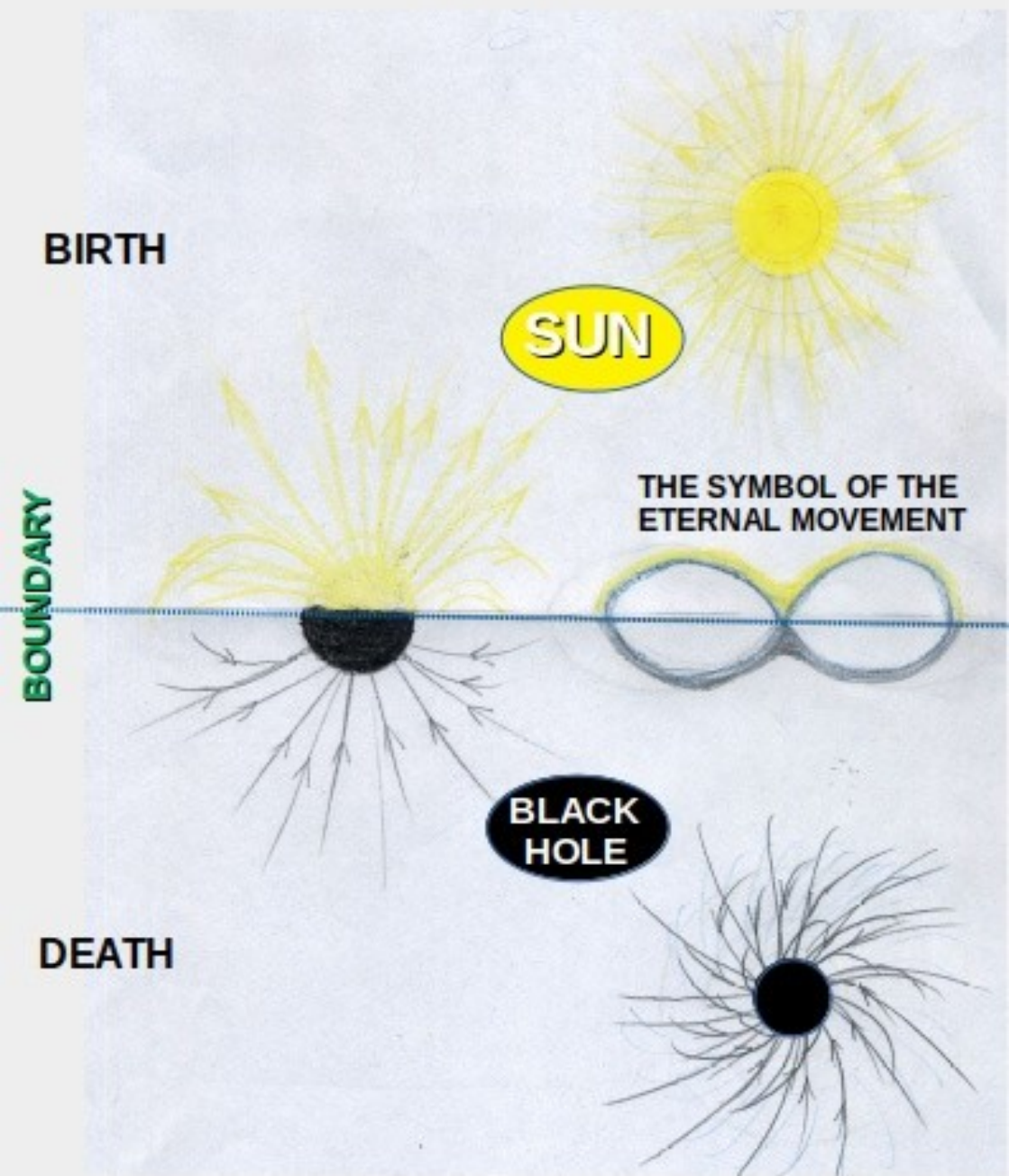
BOUNDARY

SUN

THE SYMBOL OF THE
ETERNAL MOVEMENT

BLACK
HOLE

DEATH



Although the Sun has been emanating so huge amount of energy for so long time, it does not get smaller or weaker, it remains at the same size and in healthy state. From where has the Sun been taking so much life energy for so long time? In other words, what has the Sun been eating?

In fact, when we look at the Sun, we see only a part of the entire being, the part which emanates energy. We do not see the other part which provides the entire being with material used for building and sustaining its life. On the picture, you can see that the other part of the entire being is a black hole.

What does a black hole do? It suck everything in by eating matter that surrounds it, therefore, being like a huge mouth, it kills other beings. This mouth of the 'sun+black hole' being provides its body with life energy and building material. Therefore the other part of the being, which we call Sun, can emanate matter, warm and light.

The 'sun+black-hole' being, like any other form of life in this universe, is a subject to UPC. The 'sun+black-hole' being, by eating other beings (cosmic dust, gases, stones, planets, stars, etc.) transforms one type of matter to other type. By eating, killing, destroying lives of enormous number of different beings, the 'sun+black-hole' being provides the entire solar system with mater and life energy.

According to UPC, every being has two parts, one which destroys life of other beings, and one which builds, sustains its own life and emanates energy,. Man is no exception to UPC, therefore man does exactly the same as any other being in the universe.

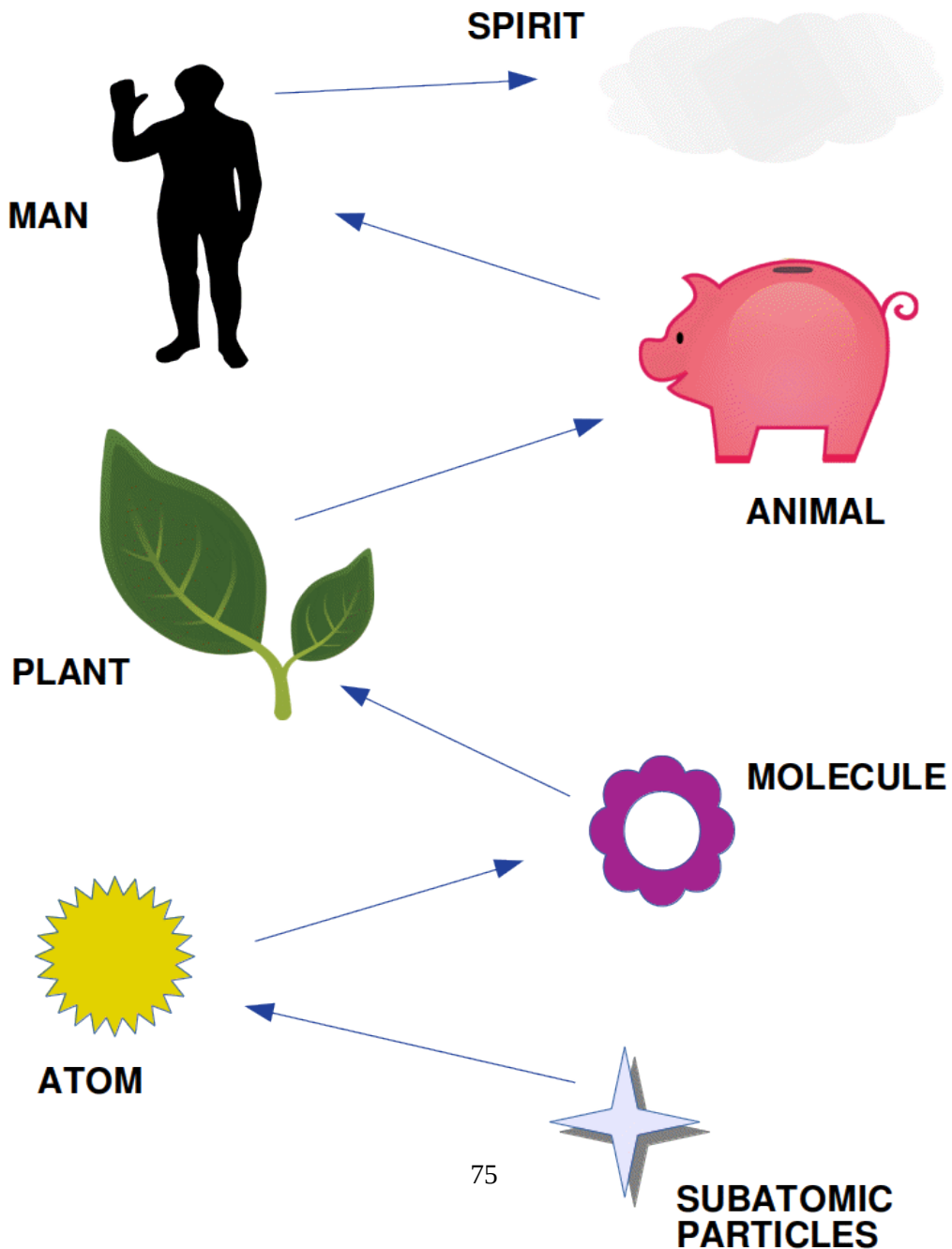
When you look at both preceding pictures, the one with tail eating snake and the other with 'sun+black-hole' being, you can see some similar elements:

- the body of a living being at the action,

- the boundary between birth and death,
- the destroying life part of the being (called “mouth”),
- the part providing building material or energy (called “food”),
- the eternal circle.

Besides this common parts, I also drew the infinity sign ∞ . It represents the eternal movement, which means eternal life of a being, when birth and death are kept in constant balance.

FOOD CHAIN



FOOD CHAIN

Food chain is a perfect example of UPC because it explains well how beings of a less expanded sphere of Life are used to support beings of a more expanded sphere of Life.

Before I explain the next picture, I would like you to be aware that every being has two significant parts. One part is used to nourish the being, it draws in food and energy, this is why it is like the black hole illustrated on the previous picture. The other part does the opposite, it excretes matter or emanates energy, this is why it is like the sun illustrated on the previous picture.

Every being has these two parts, black hole and sun. Every being acts as both, a black hole sucking in, destroying, killing other bodies, and as a sun, emanating life energy for others to consume.

Notice that the body of every being is an energetic structure, so it emanates so-called energy, usually in form of warmth or light.

For clarity of the following picture, I did not draw the black hole and the sun present in every being. I hope that you can imagine something like the 'sun+black-hole' structure on the previous picture, present in every being. Of course, the mouth is the black hole in case of people and animals.

Now, look at the next picture, while reading this explanation. Subatomic particles are used to build atoms. Atoms are used to build molecules. Molecules are used to build plants. Plants are used to build animal bodies. Animals are used to build human bodies. Humans nourish ... spirits, because they eat man's life energy.

What? Did not you know that spirits consume man's life energy? They do because they also need food. Hence spirits are bodies of invisible beings, they will not eat the flesh, therefore they need life energy emanating from man.

The arrows on the picture show general relation of the nourishing flow. For clarity, I did not draw more arrows on the picture, but you know that the more developed beings can use all the beings pictured below them, to built their own bodies, to sustain their own life. For example, man consumes animals, plants, molecules (water, minerals, vitamins, etc.), atoms (oxygen, nitrogen, etc.) and energy in form of light and warmth.

Be aware that in order to provide the building material for the more developed beings, the life of the less developed beings have to be taken. In other words, the less developed beings are destroyed, killed somehow, so that the bodies of the more developed beings can be build. For example, two atoms of hydrogen (H H) and one atom of oxygen (O) are living beings. In order to build a molecule of water (HOH), these atoms must be severely hurt, killed, destroyed, so that they become ions ($H^+ H^+ O^-$). Ions are not atoms, but they can be called building material left after atoms were destroyed. Now, when these ions are put together, they create a new body (HOH). The birth of water happens after death of the ions.

Another example, a rabbit eats grass, carrots, etc. These plants are destroyed with rabbit's teeth, then the digestion system of the animal can further decompose the bodies of the plants in order to built the rabbit's body.

How do the invisible beings, which I call here 'spirits', eat man's life energy? This is a large topic, there is a lot to talk about it, a thick book could be written. Let me explain it shortly.

The spirits, like all the other beings, are subject to UPC, so they have to consume. Like other beings, if spirits do not consume for too long time, they die – this is a general principle.

Spirits consume immaterial things. Of course, it is immaterial for people, for them it is material food. Spirits consume what we can call ‘life energy’ of other beings. Let’s talk about this later.

MAN IS A SUBJECT TO UPC

Whatever your emotional reaction will be, I prefer that you be aware of this fact, so let me tell you some truth.

Whether you accept it or not, whether you agree or not, during your entire life you continuously kill and you give birth, like any other being in Life does. Every time you breathe in, drink or eat something, you take life of beings.

On the other hand, when you breathe out or when your body excrete anything, or when you become emotional, you provide food to other beings. You can conclude how that happens, from previous explanations.

You are subject to the Universal Principle of Change, like any other being in this universe is. Your body cannot exist in this universe without killing and giving birth continuously. By killing and giving birth, you contribute to the movement sustaining life of this universe. Even if you wanted to, you cannot escape UPC.

Many people follow a specific diet because they do not want to kill; for example, they eat only food originated from plants. According to what some of them believe, killing animals is bad but killing plants and minerals is all right. Why? People have different explanations.

Regardless of the belief and explanations of those who follow a plant diet, it is man's judgment and feelings which make people choose. What may be important to understand is that the act of eating is directly related to killing, destroying life of other beings.

In order to be more aware of judgments, it may be worth to ask questions like the following.

What and who are you to judge and decide which beings can be killed for you to eat and which must live?

Who or what made you believe that life of animals is more important than life of plants or minerals?

Besides your judgment based on your belief and resulting feelings, is there anything else that makes you to choose some life over other one?

Whatever your belief and the resulting diet is, I suggest that you meditate on these three questions. Additionally, you may look at nature which has no belief. Nature, the truest teacher on Earth, has no mercy. Nature teaches us perfectly about UPC.

SPIRITS **FEED ON LIFE ENERGY** EMANATED BY MAN



PRAYING, WORSHIPPING, BOWING, AWING, etc.
MAKES MAN **LOSE LIFE ENERGY**
BY SENDING IT OUT OF THE BODY

SPIRITS CONSUME LIFE ENERGY

According to the Universal Principle of Change, the emanations of man is food for other beings. Beside excreting physical matter, man radiates variety of invisible and insensible immaterial emanations, which include warmth and electric and magnetic waves. These emanations can be seen in man's aura.

Let me call all of these emanations 'energy'. This term is not what physics defines as energy, but for the sake of simplicity here, I chose it to be used as meaning for all invisible, insensible emanations of the body of man, animal, plant and mineral.

According to UPC, energy emanated by man, animal, plant or mineral can become food for spirits. Man's energy becomes especially attractive to spirits when man is under influence of emotions. However, not every spirit would like to eat every type of energy emanated by man. Some spirits like energy which is associated with joy, love, bliss, etc. Other spirits prefer energy emanated from man under influence of fear, hatred, anger, etc.

Your **imagination controls energy**, this means that the type and amount of body emanations can be controlled by you. This fact may be of utmost importance to you. Depending on what you imagine, your body may be charged with or lose life energy. Look at the two following pictures where you see man emanating his life energy, losing it and feeding spirits.

Picture "spirits feed on life energy emanated by man" explains what happens when man prays to and reverences other beings. By worshipping a god, angel, master, extraterrestrial or other beings, the follower of a faith loses their life energy. The praying man is not aware that this kind of a

practice feeds invisible beings with man's life energy. As a result, the follower deplete their own life energy. Less life energy means weaker man and shorter lifespan of their body.

Most people feel better after praying. Some people have so strong faith, that they are able to heal themselves or others with such kind of practice. Those people would not agree with my explanation; they rather would teach that man must have strong faith and pray more.

However, when they learn more facts about invisible beings, especially when they successfully learn to see spirits, they may be shocked. How unimaginable intelligent spirits can be, how experienced they are in their trickery to make man willingly give them their own life energy.

Indeed, many invisible beings know man's instinct very well, as if they were psychology masters. It is very easy for them to cheat man into believing something. Those spirits will use emotions and visions to make people blindly believe. When people blindly believe, they are lost because they become unaware sheep of a herd utilized by the spirit. This is how the herd master and sheep relationship develops. Then, those people are ready to fight to death to defend their faith. Of course, they will do everything possible in order to bring others to their faith organization.

I suggest, do not try to save those people, let them play Life like that. They do nothing wrong or bad, they are happy with their choice. They may need such kind of experience in this life; so do not disturb them.

People who participate in so-called "group meditation" or "global meditation" also may lose life energy. Especially when they imagine that they send something from their body; for example, send energy into the universe, send love to a master, send healing to someone.

SPIRITS **FEED ON LIFE ENERGY** EMANATED BY AN ANGRY MAN



ANGER, HATRED, FRIGHT, etc.
MAKES MAN **LOSE LIFE ENERGY**
WHICH IS SUCKED OUT FROM THE BODY

Especially dangerous practice is to deal with so-called “angels”. When you deal with angels for whatever purpose it is, you might already be in their food menu.

There are so many web sites, centers, teachers promoting cooperation with angels. Usually, those people are unaware tools manipulated by angels. Angels use those people to gather more followers, so that angels can have bigger and more tasty feasts.

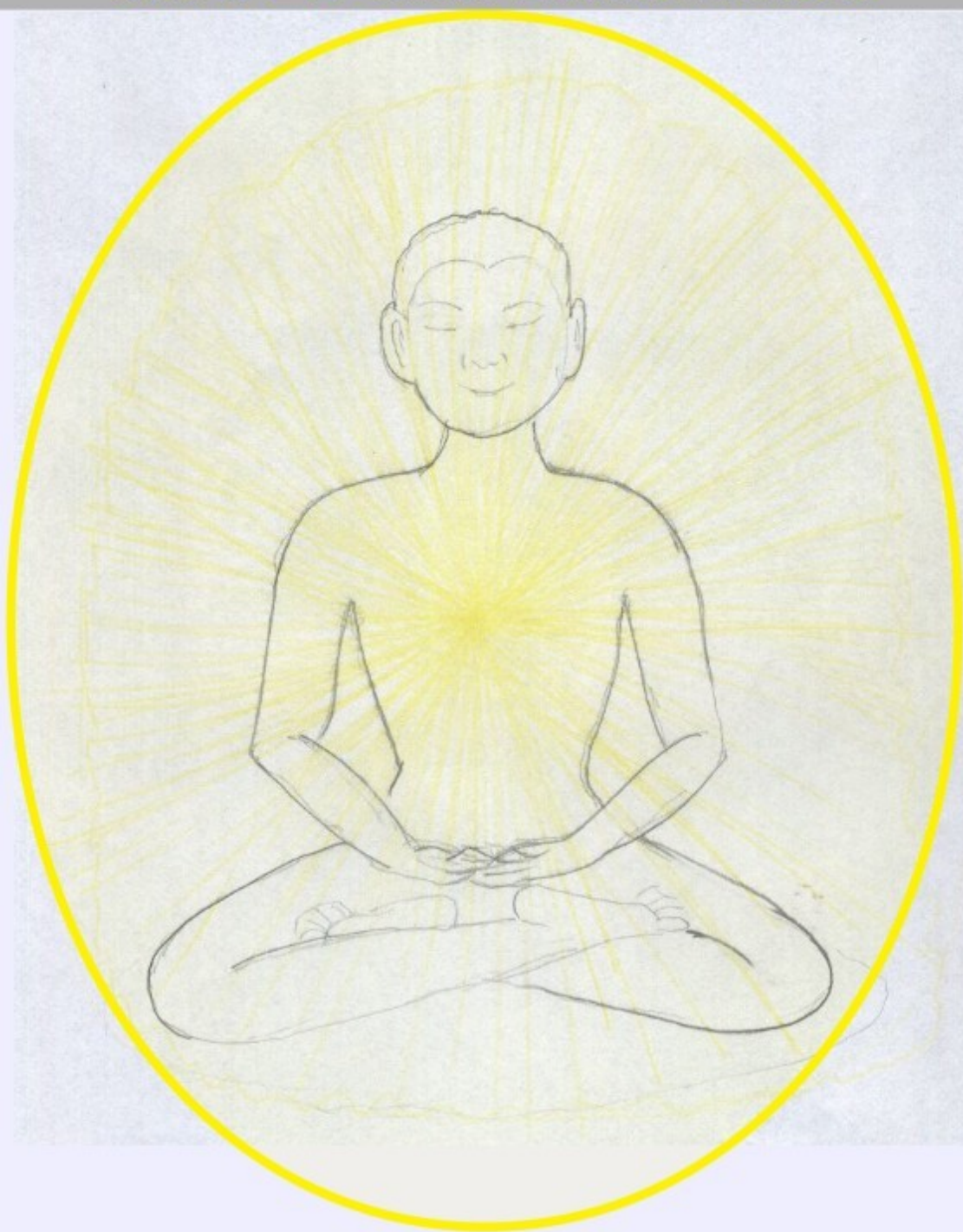
Be aware that majority of angels are in fact spirit-vampires. They are very intelligent, so they can easily cheat you. They will make you see beautiful light, feel love, they can even heal you. However, remember, once they got you, your body’s life energy will be sucked until your death. If you later try to get rid of them, it may be very difficult and may make you suffer a lot.

Besides gods and angels, there are varieties of other invisible beings who like to consume human life energy. As I already said it twice, be warned, invisible beings can be intelligent and tricky much beyond your imagination. They can present themselves to you in tricky images or stories that you immediately believe them.

A popular method used by a spirit to gather a large herd is to create a story about extraterrestrials who came to guide people or even save Earth. Look on the Internet – you will find many websites promoting such ideas. Group or world meditations, prayers, etc. are promoted on that web sites. I have seen many people brainwashed and lost in this kind of movements; for example “lightworkers” who believe that they have a mission on Earth.

The picture “spirits feed on life energy emanated by angry man” presents a different situation. What you see on this picture is what happens when man becomes angry, frightened or agitated emotionally with what most

SELF-PROTECTION IN EGG SHAPED SUN EMANATION



people feel as negative or bad feelings.

An angry man is usually very emotionally agitated. Emotion is an explosion of life energy, therefore the aura of the emotional man looks like a fire. This kind of energy emanated by the body is very attractive to some invisible beings who are called vampires.

Yes, vampires really exist in the flesh and in spirit. Those existing as spirits cannot suck blood but they can and they do suck life energy. Remember, whenever you are angry, frightened, feel hatred, etc. your life energy is evaporating away and vampires have feast.

Do you know where you can find many vampires feeding on energy emanated from humans? They are attracted to places where many people fight, shout, quarrel or are otherwise emotionally excited. Good examples of such places are mass gatherings for political hate speech, protestations, sport competitions or battle grounds. Theaters, cinemas, stadiums, television shows, group computer games, etc. where people gather to watch scenes of violence also attract vampires. Places where many people suffer, for example large hospitals, are usually attractive for vampires.

On the other side, religious gatherings, group prayers, global or mass meditations, etc. attract so-called gods, deities, angels or whatever you call those different types of spirits. They come, of course, to suck life energy of the large groups of people.

SELF-PROTECTION

Many people told me that they do not agree to feed any spirits, regardless of whether they are gods, angels or vampires. Those people do not agree to lose their precious life energy; on the contrary, they want to increase their own life energy to extend their lifespan.

Next time, when you become angry, start to quarrel or get yourself into an emotional event, you can stop for a while. Then, take a deep relaxing breath and ask yourself, whether you really agree to lose your life energy and feed vampires. If you like that energy exchange, go ahead. If you do not like to be sucked, here is a technique to get rid of vampires.

To protect yourself against being sucked by spirits:

- Stay aware of your emotions so that they do not take control over your behavior. This relates to any emotions, so-called positive and negative ones.
- Stay focused on yourself because energy follows your imagination. What you focus on, it grows or amplifies. In other words, you power the things that you focus on, you send them life energy.
- Do not pray, bow, reverence, etc. to any being or thing. That is an act of voluntary subordination in which you unconsciously send them your life energy. This is how you become their subject or slave.
- Remember the simple fact that you are the Master of your life.
- Use your imagination power to visualize yourself inside of an egg-like shaped sun, something like what you see on the following picture. The shell of the sun-egg structure is impenetrable for spirits if your egg is full of sun-like or fire-like emanations.

This type of protection is also efficient if there is a spirit already attached to man's body. According to my observation, majority of people, especially those living in big cities, have at least one spirit attached to their body. They are not aware that such spirits can control the behavior of their victims.

If you do mind exercises, so-called meditation, and you notice that there are thoughts not created by you, or there are voices in your head, there might be a spirit attached to your body.

Almost all people of strong religious faith, so-called called ‘fanatics’, are controlled by invisible beings. The stronger these people believe, the easier it is for an attached spirit to control their behavior.

That is why the fanatics intensely preach to convince other people to become members of their faith. The attached spirit controls fanatics in order to bring more ‘food giving sheep’ into the spirit’s herd.

Warning. As I told you before, do not even try to teach a fanatic, do not convince them because if you do, they may become very angry. Their strong blindness make them ready to fight to death or even kill. To be safe, better go away from the fanatics, so that you do not pour more ‘oil into their fire’, unless you like to participate in a risky play.

SWITCHING FROM ANGER TO JOY

You are the Master Creator of your life, therefore, you can decide whatever you choose to. You can enjoy joy, happiness and Love, or you can enjoy anger, hatred and fear. None of these are bad or good. They are your choices, conscious or not, to experience your game of Life.

I have noticed that most people do not like so-called bad emotional states, for example, to be under the influence of anger, hatred or fright. Angry people, after they cool down, regret their behavior and feel exhausted. If they knew how to avoid negative emotional explosions, they would have suffered less.

Have a look at this simple technique to switch between emotional states, in the following picture. Whenever you feel anxiety, anger, hatred, sadness, etc., you can switch to feeling Love, within seconds. In other words, when you are in so-called negative emotional state, you can switch to so-called positive emotional state where you experience joy and Love. You may need to sufficiently practice this technique first.

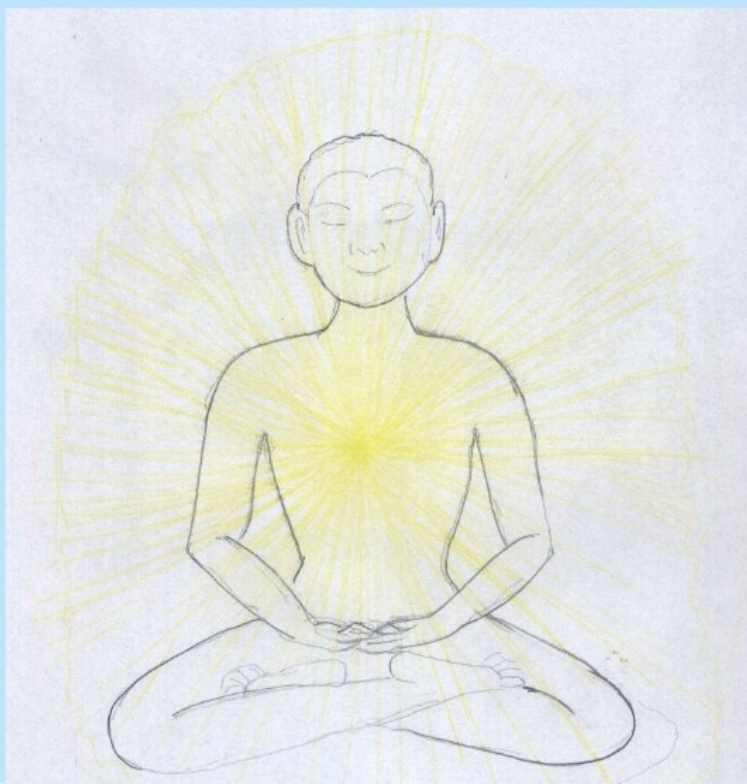
ANGER



**What you focus on, it grows.
To change your emotional
state, change the image that
you focus on in your mind.**

SWITCHING

LOVE



The key to success in switching from a negative to positive states is what I already have mentioned a few times – your life energy follows your imagination. What you focus on, it grows or amplifies. Therefore, the key to success in the switching between emotional states is the thing that you imagine in your intellect.

Let me ask you. When you feel angry, frightened, etc., what are the thoughts and images that you focus on? What do you imagine? What do you think?

In such moments, do you think something like: “I am so relaxed and joyful. I feel Love. I Love myself. I feel so well. I enjoy my life.”

Or you focus on something less empowering, for example, you call names, send harmful wishes, imagine something or somebody fail, hurt or die?

What you imagine and think is the key to your emotions. The more you focus on images and thoughts and the longer you keep them in your intellect, the stronger they impact your instinct.

It is your instinct that creates your emotional reactions states. Your instinct is influenced by factors in your environment and also by your intellect, that is images and thoughts created by you. Your intellect programs your instinct; therefore, you can influence your instinct most efficiently by using your will.

If, while being under the influence of negative emotions, you decide to switch to joy and Love, you have to change your focus. This is the key – **change what your thoughts and images focus on.** Your life energy follows your imagination – I repeat this once again because it is utterly important psychic mechanism.

For example, you are angry, shaking, your pulse is fast, etc. Freeze for a second or two, so that you can become aware of your state. Then, take a

deep relaxing breath or two or three, while still keeping yourself fully aware of your emotional state.

Now, become fully aware of your intellect activity, that is your thoughts and images. Whatever they are, detach yourself from them – this is the important key, because you are not the thoughts and images present in your intellect.

Next, image yourself joyful and Loving. Enforce this image that you are joyful, behave happily and feel you Love yourself. Whether silently or loudly, do repeat to yourself something like this: “I am so joyful and happy, I Love myself, really I feel joy, happiness, I really fully Love myself.”

Keep repeating this until your negative emotions fade out. Continue to program your instinct with these sentences until you really feel well, that is, your emotional state is back to normal.

Using this programming techniques, you can train your instinct to quickly switch from anger to Love. If you practice sufficiently, later every time your instinct reacts with anger, fright, fear, etc., it will switch to feeling of joy and Love within several seconds. In this way, you will not waste your body life energy. On the contrary, your body will benefit because it will be charged with more life energy.

If your children often become irritated, angry, etc., you can teach them this technique. They will learn it quickly and benefit for life. Statistically, older people need more practice to successfully apply this technique.

After switching from anger to joy, you can relax and do the self-protection sun-egg exercise for at least several minutes. This will assure the vampires around you that there is no more food to feed on.

LOVE

There are several types of what people call “love” but only one term is used for all of them. Some of these loves are listed here:

- parents love their children or vice verse;
- god loves people or vice-versa;
- boyfriend loves his girlfriend;
- man loves a place or country;
- man loves to eat something;
- man loves to do something.

I want to talk about a different type of love which is none of the above listed ones. To distinguish it from other loves, I use the capital letter ‘L’, so I write ‘Love’.

This **Love** appears as a by-product of powering the body of a being with life energy. Powering a body with life energy makes it more alive, that is why this process is called revitalizing. When the revitalizing is very strong, its feeling can be compared to being born again. To define simply, it can be said that **Love is a by-product of life creation process** for a being.

When life energy appears in your body, you experience joy for no reason. While experiencing this joy, you focus on what your body feels, you may say: “I feel Love and I see Light, even with my eyes closed.” Indeed, this very pleasurable feeling is called Love. You feel Love and see Light when your body is powered with life energy.

When the process of creating life for your body occurs, you first feel joy; this is often described as ‘joy for no reason and coming from nowhere’. This joy is the first indicator of increasing life energy in your body.

**The process of creating life for a being
is manifested by Love and Light.**

Life has been created.

**Love is what the body feels.
Light is what the eyes sees.**

If you do not pay attention to your body while this process happens, you feel joy only. The moment you become aware of your body, you experience a very nice feeling – Love. If you are sensitive enough, you will also see Light, with open or closed eyes.

These two pictures visualize what happens when life of a being is created or when a being's body is powered by life energy.

life energy increases → joy appears → feeling Love

LIFE

**When mind creates Life,
your body can feel Love and see Light.**

**In order to consciously create Life,
focus on your Inner Joy and allow it to emanate.**

When people refer to **Love**, they sometimes say “unconditional love”, “God’s love”, “universal love” or even “pure love”. According to the explanation above, Love is a feeling that man experiences while his body is powered with life energy. It is quite different compared to what lovers express when they say “I love you.”. Also, parent’s love for children is different compared to Love explained above.

SYMBOLS OF LOVE



Do you know why a yellow sun is the symbol of Love? Take the example of the Sun in our solar system; what does it do?

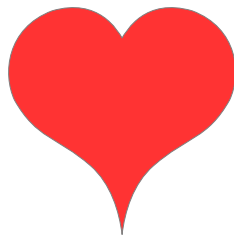
It gives birth to the solar system, it sustains life of all the beings by providing warmth and light.

The Sun does not want anything in return for continuously keeping all the beings alive. You can express any feeling towards the Sun, you can love or hate it, you can behave in all possible emotional ways – it does not matter, the Sun always Loves you, regardless of your actions, feelings or behavior. There is no condition that makes the Sun to change its Love to you. Unconditionally, the Sun always sends life energy to you, as it does to all the beings in the solar system and anyone approaching it.

A yellow sun is used for the symbol of Love because sun has similar characteristic features:

- creating and sustaining life of beings;
- unconditionally emanating light and warmth;
- spiritual nature;
- peaceful;
- stable.

A red heart is used as the symbol of love because your physical heart really can be engaged in love. When you “fall in love”, you can experience physical and psychical glowing – this is why red color is used for this symbol.



Some characteristic features of love are:

- conditional emotional attraction, attachment and affection;
- drawing your life energy;
- aiming for physical experience;
- changing.

Look at the two following sentences. There is a huge difference between them, although when spoken, they sound the same.

**UNDERSTAND SIGNIFICANTLY DIFFERENT MEANINGS
BETWEEN THESE TWO SENTENCES**

I you.

I naturally and unconditionally emanate life energy towards you.

I  you.

I feel attracted to you, therefore I want to possess you.

I hope that from now on, while using social media software on the Internet, you will choose ♥love or Love symbols depending on what you want to express.

LOVE YOURSELF

“Love yourself.” – I guess that you have heard this sentence many times. Most people do not understand its real meaning; do you? Some people

even say that Loving yourself is egoistic and not moral. Many people, who are lost in their faith, even say that Loving yourself is a sin because you must Love others and help them first.

I advice you this.

In the first place, fully Love yourself and be egoistic, that is, take the best care of yourself in whatever possible way you can. Place yourself in the most important position, be the priority before any other being.

The fact is that you are the most important being in your life. From birth, you are with you all the time, even when you sleep. It is also you who takes care of your body and of your living circumstances. Every your decision influences your life. You have also so-called “free will” which means that at any moment you can choose what to think, say and do. All of this, in summary, means that you master your life.

Look, your life is the result of you managing it. If you have so-called problems, they are created by you. If you fully enjoy and experience happiness, that is also the result of how you care about yourself. If you think that your problems are caused by others, or if you blame others for anything in your life, it means that you simply do not understand how you create your life by thinking, taking and acting based on your decisions.

What is the real meaning of “Love yourself”? I hope that by now you understand the difference between ‘love’ and ‘Love’. You also understand that Love is about life energy which powers the body. Thus, “Love yourself” means **give your body life energy**.

If you sufficiently provide your body with life energy, in other words, you Love yourself sufficiently, your body functions perfectly. Perfectly functioning body can be used as long as Earth lives. In common language, it means that you become physically immortal. When Earth

stops supporting biological life, also your body will die.

Most people never met a man who sufficiently Loves himself, so they cannot imagine a state of such a man. People ask me, how to recognize whether someone Loves himself?

These are a few characteristic features of man who sufficiently Loves himself:

- that man is always joyful even if they does not smile or express happiness;
- people around that man feel Love from them, some people feel it so intensively that they cannot stop tears;
- people who stay close to that man feel cure effect on themselves;
- sensitive people see subtle light emanating around that man;
- majority of people who meet that man, like or even love them.

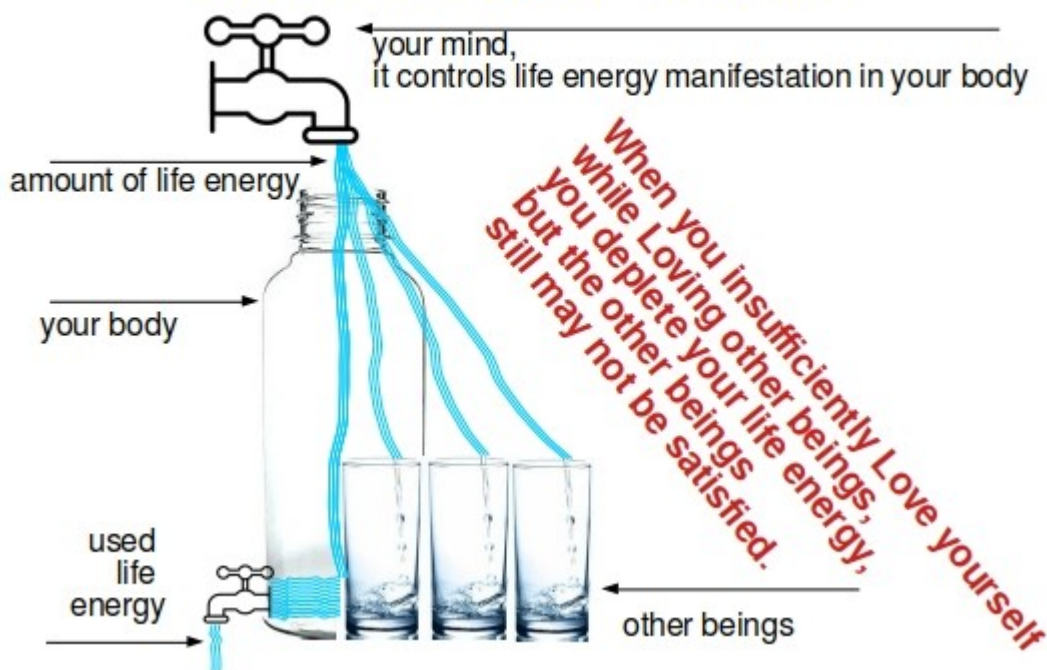
Indeed, people around man who sufficiently Loves himself, feel Love from them. That man may not even know or see those people, but they feel that man's Love. In fact, that man does not Love them. That man is egoistic, therefore they takes the best care of himself in the first place. So, how is it possible that people who meet that man, feel that man's Love?

“In the first place, Love yourself, not the others.” – this is what people do not understand in my teaching. In order to explain what I mean, I use the following two illustrations.

Look at the next two pictures: “insufficiently Loving yourself while Loving others” and “sufficiently Loving yourself”.

These two pictures use symbols which are essential to understand.

INSUFFICIENTLY LOVING YOURSELF WHILE LOVING OTHERS



flowing water → your life energy

tap → your mind

bottle → your body

glass → other man (usually)

It is your mind that controls life energy for your body – this is obvious because your body is an image in your mind. The amount of life energy supplied to your body depends on what you think and image about yourself and others.

In both pictures, you see water flowing from a tap into a bottle. The difference is that in the first picture this water flows partially into yourself and partially to others, while in the other picture all the water is directed to yourself. You probably understand what that means.

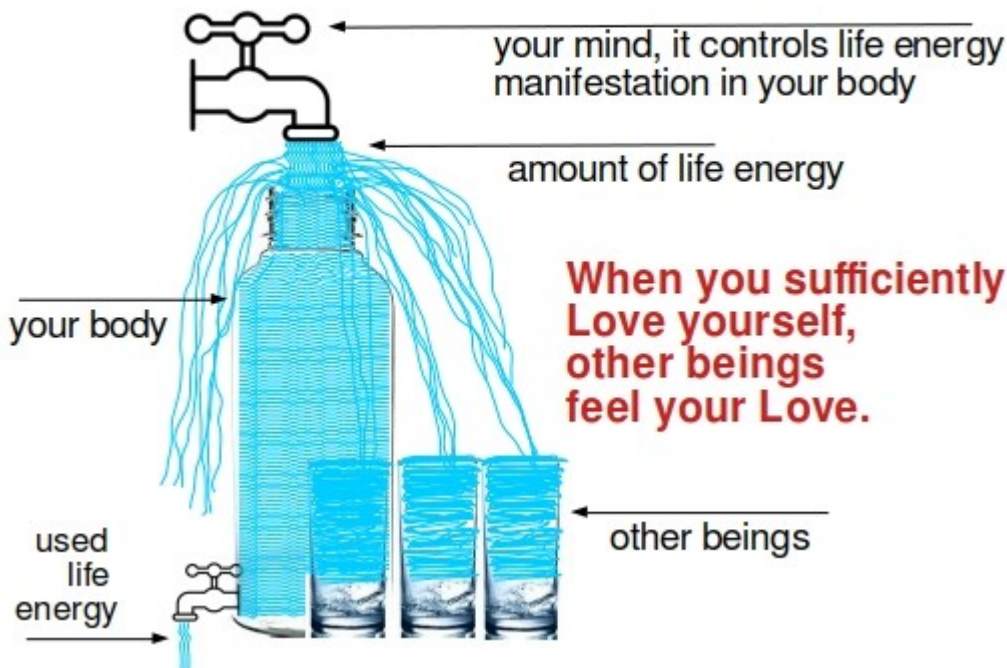
In the first picture, you Love others more than yourself, so you choose to direct more life energy to them. This means that the bottle will never be full. Since your body continuously uses life energy, it will be always under-powered. You may need to direct more of the flow to yourself.

Those glasses may mean your family members, friends and all other people whom you dedicate your attention which implies your life energy. They may not be satisfied and even will complain saying that you do not take sufficient care of them.

Many relationship between parents and children can be represented by this picture. The parents do all they can to take good care of their children who are still unsatisfied, unhappy and even complain to their parents. Parents feel hurt or sad but their children do not become better, sometimes they become even rude and demanding.

Many relationships between couples, other family members or friends can be described by this picture, where one party is mainly offering and the other is only taking and demanding. This kind of relationship is sick and harmful, unless one party enjoys sacrificing themselves and the other enjoys sucking them.

SUFFICIENTLY LOVING YOURSELF



In the second picture, all the water flows into the bottle. That bottle represents your body, it means that you focus first on yourself because you fully Love yourself. When you are full of life energy, a miracle happens – others feel your Love, so they naturally Love you, prize and admire you.

Of course, this is not a miracle, all of this follows the physics and psychology of man, in other words, this is how man is programmed.

Be egoistic, I mean, in the first place, Love yourself because you are the most important one. Make sure that your bottle is always full and even

overflowed. If you Love yourself sufficiently, also the others will benefit. When people see you Loving yourself, they may follow your example, they will Love themselves. Then they will naturally stop sucking others because they will become self-sufficient.

By the way, have you noticed that majority of, people like small children very much? Look at those children, they are “so sweet”. Obviously those children Love themselves, therefore, when you are near them, you can feel Love.

Later, when the children are grown up, having been spoiled by the society education (harmful programming), they are not so sweet any more. Why not? The main reason is that they have accepted a lot of self-judgment, which made them to block the natural function of Loving themselves.

Loving yourself is one of natural mind functions that you are born with. Depending on how people in your nearest environment educated (programmed) you, sooner or later you block this natural ability.

THE MOST IMPORTANT MAN

Ask yourself the following question and FEEL the answer.

“Who is the most important man in my entire life?”

You may come with different answers. However, the answer which is true and the most beneficial for you is: **I am the most important one.**

That is right; for you, you are the most important man in your life, in the entire universe and in the entire history.

Why?

First,

because you are always with you, feel yourself and deal with your body and psyche in variety of circumstances. Nobody gives you as much attention and energy as you do to yourself.

Second,

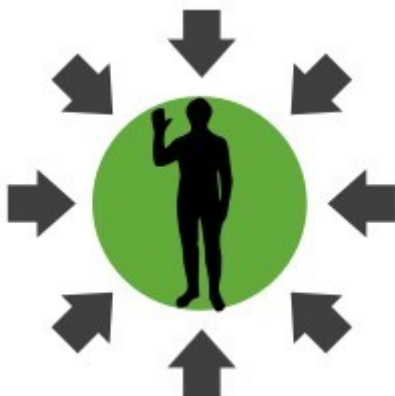
when you take proper care of yourself, you can provide material and spiritual assistance to other people. You can give to other people only as much as you have yourself. You cannot give something that you do not have, therefore, you first need to have enough, in order to give others. When the bottle is empty, it cannot fill a cup. First you need to make the bottle full – do you remember?

Imagine that you are the owner of a wholesale store, which provides goods to many shops around. You can easily understand, that in order to be able to provide your goods to others, you first have to take the utmost care of your storage, in order to fill it with goods. Obviously, you can provide the shops only those goods which you have in your storage.

You are in a similar situation when you want to give immaterial things to people, for example, an advice and console or joy and Love; first you must have them in you.

To be able to Love people, you first need to sufficiently Love yourself. When you sufficiently Love yourself, Love will naturally emanate from you. People will feel Love emanating from you. Then, when you focus on people, you will be able to send a powerful Love stream to them, even heal them.

Now, do you understand why you are the most important being in your life, in the entire universe?

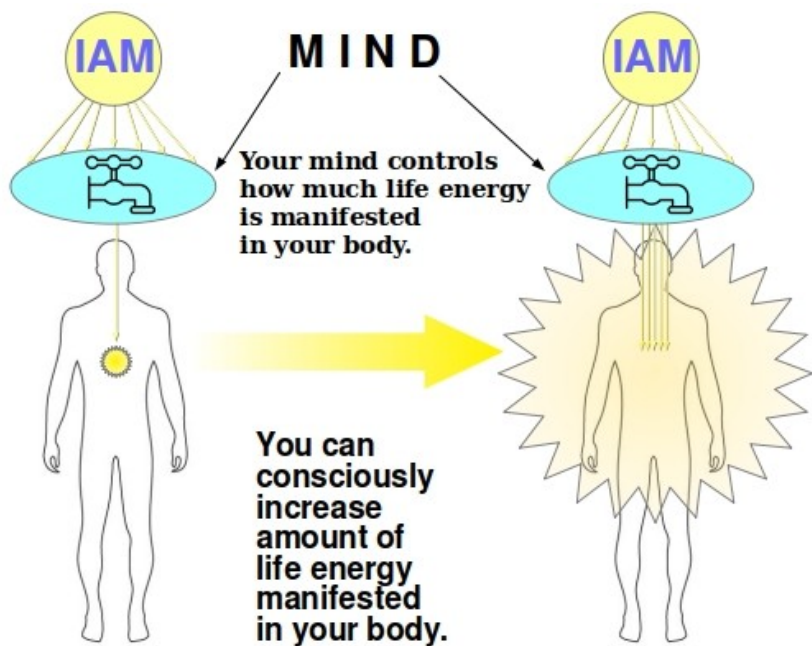


I am the most important man in my life.

IAM PROVIDES LIFE ENERGY

Your body is an image in your mind, therefore the life energy also comes from your mind. In other words, **your mind creates your body and its life energy**. However, your mind is just your tool which was created by you(IAM), so in fact, all the life energy originates from IAM.

The mind controls the flow of life energy from IAM into the body, therefore the symbolic representation of the mind is a valve. Using this valve, you can increase life energy flow into the body.



Look at the picture. On the left, you see the energetic state of a average man on Earth. The sun inside the body is the symbol of life energy being manifested thru the body. Most people look like that – I call it “barely

living”, which means that the amount of life energy they have is sufficient for sustaining their life but not enough to achieve things like longevity, perfect health, increased mind abilities, etc.

On the right, you see man who has increased the amount of life energy manifested thru their body. The inner sun of this man gives them sufficient energy to fully power their body. If this man keeps that high energetic state, their body will be in perfect health and will serve them for much, much longer compared to the average man. Indeed, if you master a technique to keep your body fully powered, it can serve you as long as the planet is alive, it becomes physically immortal.

IAM provides the mind with all energy which ever may be needed. In fact, IAM has limitless amount of energy. However, the mind functions like a valve, it controls how much life energy is passed to the body.

Would you like to learn techniques to efficiently control the valve? There are many exercises which help you to do that. Let me describe one of the simplest ones; it is called “Inner Joy”.

INNER JOY

When increased amount of life energy is passed from the mind into the body, you feel joy for no reason, as if it were coming from nowhere. Then, when you turn your attention to what your body sensation is, you feel Love and may see Light. The practice of Inner Joy exercise develops this natural skills of enjoying Love and Light.

Inner Joy exercise can be practiced by using passive or dynamic methods. I suggest to practice both whenever your circumstances allow. If you allow your Inner Joy to emanate by using both the passive and dynamic methods, you will achieve the desired results much sooner.

Passive Practice of Inner Joy

For most people the most suitable place to do this exercise can be found in nature. Make sure that all your senses can relax; this means that the place should not be too warm or cold, too wet or dry, not too windy, with no disturbing sound or smell, and you should be able to sit comfortably. Of course, if you do not wish to move to nature, you can do this exercise in any other place. Make sure that your body senses are not disturbed.

Most people find that sitting in a relaxed posture with a support for the back is most suitable. When you lie down you might fall asleep, which is still OK but then you will not finish this exercise.

On the other hand, I suggest that you practice Inner Joy every time when you wake up. When waking up, your body and intellect are still in half-sleep and half-awake state. This state is the best for practicing the passive Inner Joy method, especially in the morning because it will make you get up joyful and energized.

Allowing your Inner Joy
to emanate freely activates
the source of body life,
thus making you to
feel Love
and
see Light.

Inner Joy is always within you,
you must **allow** it to emanate
when you decide to feel Love.



Whatever place or posture you choose, first deeply relax your body. You may need to spend a minute or so to properly release tension of all the muscles, which do not need to be tensed to keep your body posture.

Detach your attention from your senses. If you feel uneasy somewhere in your body, because it is disturbed by impulses from any of your senses, you may need to modify your body posture or find another place.

Detach your attention from your thoughts, relax your intellect and make it passive. As long as you are engaged in creating or following thoughts, you may not be able to do Inner Joy exercise properly. You do not have to struggle against thoughts appearing in your intellect, just let them be there but do not pay any attention to them. The more passive is the intellect, the easier it is to practice this exercise.

When the intellect is relaxed, when no sense is disturbing you, go deeper within yourself. This does not mean that your focus literally sinks into the body. What you need to achieve is deeper detachment from the physical reality. It would be ideal to feel yourself as if you were suspended in no time and space realm. Then, simply, allow Inner Joy to manifest and emanate freely. Here, the meaning of ‘allow’ is about doing nothing actively, just being open and passive to whatever appears.

Allow and expect joy to appear. Remember, do not create joy, just allow and expect passively. Your intellect must remain in the passive state which means that you do not create thoughts or images. Fully relax and allow, let it be, let joy appear by itself.

If you imagined joy, it would appear but that would not be the source of your body life. That would be a different exercise, an active energizing one.

In this fully relaxed state, when your senses and intellect are passive, you will sooner or later notice things which you were never aware of before. One of these things is the source of your body life. If you do not create any joy, if you stay in fully relaxed state and only expect, sooner or later you will begin to experience joy. This might feel strange for you because that joy will suddenly appear without any reason, as if it was from nowhere. This is Inner Joy, the source of your body life.

When Inner Joy appears, still do nothing, do not activate your intellect, stay passive and allow Inner Joy to freely manifest itself more and more, let it develop naturally. Passively just enjoy the joy.

While Inner Joy is emerging and growing, at any time you can turn your attention to what your body feels. There will be a very uplifting, pleasant feeling – Love and probably also Light. These Love and Light are by-products of the process where your body is powered by life energy passed from IAM through your mind, as I described it earlier. Life is being

created and sustained.

Dynamic Practice of Inner Joy

Find a place where you can safely dance while singing and sing loudly. It does not matter how you dance or sing because, in fact, that does not have to be strictly dancing with singing. What you do is emotional, energetic movements while loudly singing a mantra. That may make you look like crazy – it is OK, some efficient exercises are of such a type.



While moving in this crazy dance, sing as loudly as you can, this mantra:

**I am the Master Creator of my Life.
I allow my Inner Joy to emanate freely,
thus I feel Love and see Light.**

That is all – so simple. Most people find this exercise easy. Even at the first time, when they perform it, they feel energetic body sensations that make them joyful and happy. They smile and laugh during and after the

exercise.

I suggest, whenever possible, practice Inner Joy regularly. Most people, and this is normal, when they start practicing Inner Joy, feel nothing special. I suggest, do not give up, just continue because if you do, sooner or later joy, Love and Light will appear.

You may notice that the experience of Inner Joy and the resulting Love and Light expands with the practice. When you experience that for the first time, it may be just something thin, but you will recognize, that's it! Continue practicing, it shall amplify, later the experience will be stronger and more pleasurable than the best orgasm you ever had.

Mastering Inner Joy allows man to keep their body in perfect health eternally. When you allow the source of life to emanate sufficiently, you are joyful and happy. In this highly energized state, you can kill or heal others just by touching them. While being so energized, your body does not need to consume anything to function perfectly. It is a fact that Inner Joy exercise is a key to become an immortal inmediate. Besides that, you can perform some so-called miracles.

MANTRA

Have you heard the word “mantra”? Have you ever recited any mantra? Many people whom I asked this question, answered “yes”.

Then I asked them again:

“What is mantra ?”

“Why do you recite that mantra?”

“What effect does reciting that mantra have on you?”

I realized that people became surprised when I asked these questions. They did not know what to answer. Some said that they were praying like that because that was a religious teaching they followed. Others said that they did not know the meaning of the recited mantra because it was in language that they did not understand.

Then I asked:

“Why are you practicing something that you do not know? Why do you recite a sentence which meaning you do not know? Do you know whether this mantra is harmful or beneficial to you?”

How about you? What are your answers?

I hope that you remember what the mind is, what it consists of and how the parts of the mind work? If you do not remember, I suggest that you go back now and reread the chapter about the mind, especially instinct. You need to know that in order to understand about mantra.

Mantra is a programming technique where intellect programs instinct, so that some of the instinct functions can be changed. In this technique, a specially constructed sentence is repeated many times. You can say the sentence, sing it or listen to it. If mantra is repeated sufficient number of times, people fall in a state similar to a self-hypnoses or a trance. In this

state, intellect is bored, so it does not fully control what is programmed into instinct. Instinct is under stronger influence of the repeated sentence, therefore the result of the mantra is built into the mind.

For your safety and benefit, I suggest that you ask three main questions before practicing a mantra:

1. What is the exact meaning of this mantra?
2. What is the result of practicing this mantra?
3. Is the change done by this mantra to your mind beneficial or harmful?

If you know the answers and you decide to make the change in your instinct, then the mantra technique could be useful.

THE MOST POWERFUL MANTRA

Earlier in this book, you have seen two sentences of the most powerful mantra.

**I am the Master Creator of my Life.
I allow my Inner Joy to emanate freely,
thus I feel Love and see Light.**

Let us answer these three main questions before practicing this mantra:
a. 1.

The exact meanings of the key words used in this mantra: “Master Creator”, “Life”, “allow”, “Inner Joy”, “Love” and “Light” are explained in the preceding text of this book. If you do not remember, I suggest that you go back to study again. This may be necessary for you to really understand what the meaning of the mantra is.

a. 2.

This mantra programs your instinct in a way that makes you feel more powerful in creating your life in your daily living circumstances. It makes you to know that you are the one who have created your life as it is now being experienced by you. The mantra also makes you aware that you master the process of creating your own life.

Then the second part of the mantra programs your intellect and instinct to naturally pass more life energy into your body, so that you continuously experience the high state of life energy.

a. 3.

Of course, the result of practicing this mantra is beneficial. In fact there are many benefits for programming your intellect and instinct by this mantra. What exactly are the benefits, will depend on what you want to achieve in your life. Some common benefits include, just to mention a few, health, prosperity, joy, happiness and longevity.

I am the Master Creator of my Life.

**I allow my Inner Joy to emanate freely,
thus, I feel Love and see Light.**

PROGRAMMING PEOPLE

I suggest, for your benefit, make sure that you understand the mind well, especially how its three parts function. The more you know about the mind functions, the easier it will be for you to understand the behavior of people. You will also see this knowledge is being used to control societies and manipulate the thinking of people. Then, when needed, it will be easier for you to elaborate mind exercises related to so-called spiritual development or self-growth.

The knowledge of how the mind functions, has been essential for the rulers to control masses of people. Teaching this kind of information has been not encouraged, it was often forbidden in the past. Why? Because the more you know about how the mind works, the more difficult it becomes for the rulers of the society to control you.

The rulers call masses of people “cattle”, “sheep” or “slaves”, and they really think about the masses like that. What they mean is that the average knowledge of psychology and physics in the society is so low, that compared to them, the people are as unaware as the cattle. That is also the reason why people must serve the rulers, the masters.

Let us learn more about mind so that you can understand how people can be programmed. Program your instinct to control your behavior, therefore benefit most of your life. You can program others or you can notice how others have been programming you.

First, as an example, I will tell you a short story where I compare babies from Earth and from other planets, in relation to their eating.

On Earth, when babies are born, they need to drink mothers milk, that is their food. While the babies grow, they have to receive other type of food.

If the babies do not receive enough food, they emaciate to the point of death. The obvious conclusion is that food is necessary for man to grow and to sustain their life on Earth.

On some other planets, when babies are born, they may need to drink mother's milk too. While they grow, they drink less and less, but no other food is given to them. Later, the babies stop drinking mother's milk but they are not given anything else to consume. That is essential for the babies to live. If the babies were forced to eat something, their bodies would be quickly damaged to the point of death. What people on Earth call food, is considered to be a poison or a drug on some other planets.

In summary, people on Earth must eat to sustain their bodies. If they do not eat for too long time, they die of starvation.

On some other planets, on the contrary, people must not eat. If they eat, they die.

People living on Earth and on some other planet may look the same. If you saw any of those extraterrestrials on the street, you would not notice any difference. They also have the digestive tract and all the organs same as people on Earth. The only difference is that they do not eat.

If they eat or drink something, it is a very small amount, because they consider it taking drugs. They take drugs for the same purpose as Earth people do, to have a psychedelic experience.

You see, there are people who do not eat, because if they did, they would die. There are also people who eat, because if they did not, they would die.

This is a significant difference – is it not? What makes human bodies function in so diametrically different way? Do you know? You should; if you have sufficiently understood the mind, you know the answer, it is all about differences in instinct.

Instinct of people born on Earth have a program which basically reads like this:

>>

In order for the body to function properly, defined substances have to be inserted into the body in proper amount, at right time.

<<

Instinct of people on some other planets have a program which basically reads like this:

>>

In order for the body to function properly, no external substance is allowed to be inserted in the body. (except air, of course.)

<<

Indeed, in this chapter I am talking about programming of instinct, not only in relation to food and eating. Do you know that there is a huge number of programs in instinct? Some people even say: “everything is a program”. Indeed, being a programmer of the mind, you belong to the most powerful people on Earth.

Your eating, diets and body needs are programmed in your instinct. Your feelings and emotions are also programmed in your instinct. Therefore your behavior is also programmed in your instinct. How people speak and even think is programmed in their instinct.

Your basic set of programs in instinct is copied from your parents. After birth, instinct is programmed by all the people and environment around the growing baby. This process lasts throughout the rest of man’s life. This is why majority of people living in same environment behave in similar way.

The more you are aware of how instinct programming affects your life, the more you may be able to modify it according to your likes. This is why I often emphasize that studying the mind, especially instinct, is very

important in man's life.

Be aware that if you do not know, because you have not learned enough about your mind and methods of programming it, other people know how. They use their knowledge to manipulate you, so that you will behave as they want you to do. Be aware that people behind the governments, religions and many different institutions, all those who want you to follow them, use programming techniques to affect your instinct. Advertising, psychology, sociology are applied to affect your choices and decisions.

BELIEFS ARE LIKE BARS IN A CAGE



**When you are behind the bars (beliefs),
you cannot experience the outside world
(knowledge and truth).**

**Only after you free yourself,
you will be able to explore it.**

There are manipulators out there ruling people's life, ruling the masses so-called "sheep". The manipulators are very intelligent and efficient in what they do. Most people are not aware that they are being manipulated by their rulers. They can make you to decide fight to death for what you

believe; originally, it will be what they had programmed you to believe and act on. You will never be aware of that fact till you learn the secrets of mind programming.

How is it possible that majority of people unconsciously support the manipulators? Even though most people are unhappy and unsatisfied about their life, even though they complain, but they still behave exactly as their rulers (manipulators) want them to do.

The main reason is that people do not learn enough, therefore they do not know, they rely on what they believe. People base their life on beliefs, not on knowledge. Most people are resistant to changing their beliefs; some of them are ready to fight to death for what they believe.

This is the key how the manipulators catch you – they make you to believe. They know that once they make you to believe something, they will not have to force you, you will follow it yourself, exactly as they want you to do.

GETTING RID OF BELIEFS

This chapter is only for those who decided to reprogram their instinct in order to free themselves from manipulation. If you prefer to stay with your beliefs, skip this chapter. If you decided to get rid of your beliefs, you can do two exercises described below.



I feel like giving you this warning. The more you free yourself from beliefs, the more incompatible you become to the social system and its rulers. Besides that, lots of people may not like you any longer because you will become so-called “black sheep”. This is because majority of people do not want to know the truth, they prefer to live according to their belief and even defend their status. This is partially caused by their inner fear of changes.

How do you get rid of your beliefs? The first step is to make yourself aware that you have beliefs. Probably, there are many beliefs that you are not aware of, because you think that they are your knowledge. Majority of people are not aware that almost everything that they think they know, is actually what they believe. Therefore, at the beginning of this freeing process, you pay attention to yourself and to others, in order to become aware of your beliefs. Usually it is easier to point out beliefs of other people. Let us do it now.

Exercise 1

It may be easier for you to exercise with your family members or friends. Listen carefully to the statements they make while talking. At any time when they make a statement, ask them this question:

“Is that what you believe or you know it?”

or

“Is that your knowledge or your belief?”

If they answer that it is what they know, then ask them:

“How do you know?” or “How did you get/build that knowledge?”

Now listen how they explain that it is their knowledge, how did they get to know it. Many people will say that they have read about it in a book or Internet, saw it on TV, somebody trust-able told them or that they logically concluded. Then you will know, that it is what they believe, not what they know.

Be aware that when you keep asking people, whether they know or believe something, you may drive them crazy. I suggest that you do not put yourself in troubles by asking this question to your teachers because some teachers hate students who ask wise questions. Besides that,

consider deeply before you ask this question to authorities – they do not like to be perceived as not knowledgeable people.

You can also exercise by asking this question on social media, some Internet forums or chats, especially ask those who are preaching. However, if they ban you quickly, do not wonder, for what reason you were kicked out.

Teachers, authorities, masters, priests, politicians, gurus and other people with followers do not like to be questioned like that because it exposes their lack of knowledge. They are the main people spreading beliefs and confusion on this planet. Most of time, they talk/teach according to their beliefs, not knowledge, in other words, they do not know what they talk/teach about.

Belief Exercise 2

Pay close attention to your own thinking and talking. While building a sentence, insert into it one, two or all three of these words: ‘information’, ‘belief’/‘doubt’, ‘know’. Usually, when we talk, we would not use any of those three words. You may feel strange and it may be unclear where to insert them into your sentences; it is OK, just practice. Conscious talking like this will make you aware of what you believe or doubt and what you really know.

Here are some exercise example sentences.

“Having information from weather forecast, I believe that it will be raining this evening.”

“I know that drinking coffee in the morning makes me sleepy afternoon.”

“According to information from science books, I doubt that people on Earth are the only intelligent beings in the universe.”

“I do not know what I know but I doubt that it is enough to take proper care of my life, so I believe some information which resonates with me.”
“I believe that having read this book I will remember most information.”

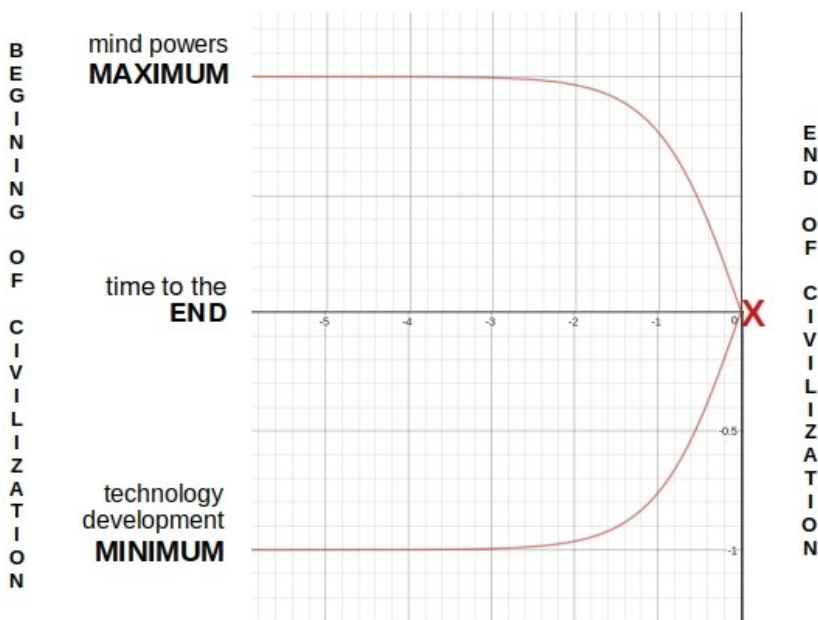
These two exercises, if you practice them, will make you see people and information sources very differently compared to what you have been perceiving. It also will make you more aware that almost nothing is sure and if you choose to rely on something, it better be your knowledge, not what others preach to you and want you to believe.

CIVILIZATION CYCLES

There were many civilizations on Earth before the present one. Every of these civilizations ended in self-destruction when it reached the top of its technological development.

The present civilization is not much different compared to the past ones, and as I can see it again, this civilization is also going to destroy itself.

The main reason why civilizations on Earth destroy themselves, when they reach the highest technology development stage is that with the development of technology, the mind powers of people degenerate.



This is a very important teaching from history, let me state it again:
In any human civilization on Earth, **the more is their technology developed, the weaker the mind powers of those people become.**

Look at the diagram. At the beginning of a civilization, the mind powers of people are at the highest, but they have no technology. We consider those people “primitive”. They are primitive in technology but their mind powers are much higher compared to how people use their minds in present times.

If you would meet people from the beginning of a civilization, they would think that you are extremely primitive, and you would see them as people who can do miracles. For example, they would clearly know what you think and feel although you would be on the opposite side of the planet. Imagine, how primitive the most advanced mobile phone would look to them. They would wonder, why do you want to use such a harmful and limiting thing for communication.

With the flow of time, when people use technology more and more, their mind powers degenerate. This is a well known phenomenon that **less and less used organs or abilities degenerate.**

The more people rely on technology, the more their mind powers and their abilities degenerate. People move farther and farther from nature, build artificial habitats called cities which later change to hell on Earth. Technology, especially so-called “artificial intelligence” overtakes more and more human thinking. This causes inevitable disaster. Artificial intelligence, sooner or latter, will start to consider man as incompatible and unsuitable organism, so it will start planing how to extinct man.

It is not only AI which destroys man, there are several other factors which cause total destruction of civilization, for example weapons used during global war or water, air and soil poisoning or man made pandemics.

In fact, this also is a vast topic. Let us talk about it when we meet. For now I suggest, limit your usage of electronics and stay in nature.

TAKING CARE OF YOURSELF

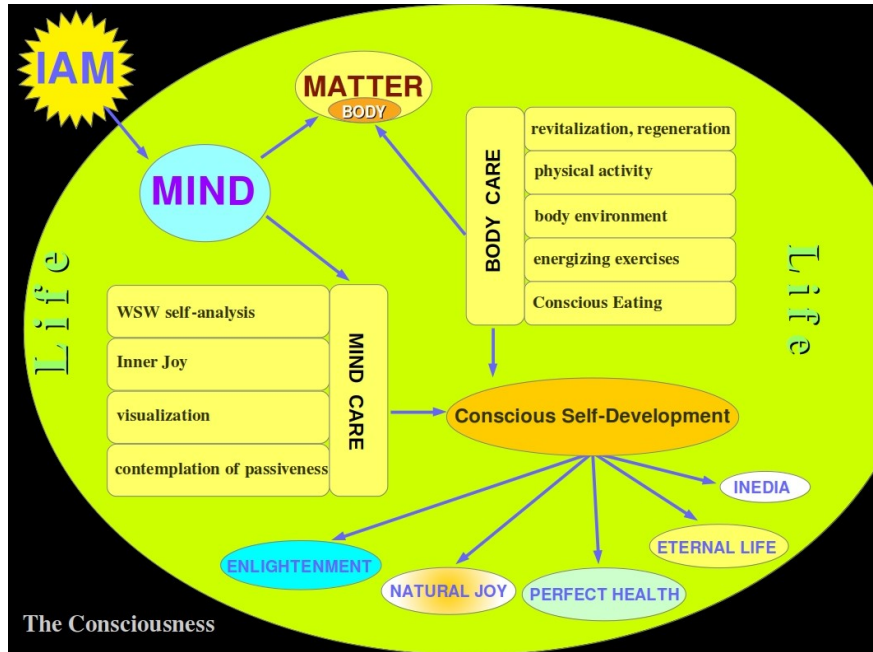
Look at the following picture, this diagram summarizes what I have written until now; it also introduces what will follow. The black background still represents The Consciousness. IAM emerges from The Consciousness and creates the mind. The mind creates Life which contains all of the matter. Your body is the most important piece of the entire matter.

To remind you and to be more precise, I emphasize that the mind, Life and matter ovals should be inside IAM, same as I draw it in the previous pictures. However, with concentric ovals, this picture would be too crowded, so I decided to draw it differently. I hope, you remember that IAM creates the mind within itself, then the mind creates Life also within itself.

Look at the new elements, “body care” and “mind care”, which are going to be described in next chapters of this book. As the titles implies, they relate to taking proper care about the body and the mind. You do that by practicing exercises which supports man in keeping their body and mind functioning properly.

When you take proper care of your mind and body by practicing some exercises, you are doing what can be called “conscious self-development”. In other words, you can say that you are on a path of self-growth. Some people may say: a system for “expanding consciousness”.

Whatever you call it, by practicing exercises designed for the mind and body, you achieve some results, which include enlightenment, natural joy, perfect health, immortality and inedia.



There are many systems or paths of conscious self-development. Some of these systems are widely known, for example Yoga, Daoism, Sufism, Buddhism – do not mix them with religions which use the same names. All of these systems promote practices for the mind and body.

In this chapter, I describe some very beneficial mind exercises, they are: WSW self-analyses, visualization, contemplation of passiveness and removing layers blocking Inner Joy.

WSW SELF-ANALYSES

Did you ever regret your decision when it was too late because you were under the resulting circumstances? You probably said to yourself something like: “If I knew, I would never have made this decision”. I guess that you did, like me and others.

There is a way to find out in advance what it really is that makes you to want to take a specific decision. Often, when you find out the primary reason of your decision, you give up to decide. This is because you become more aware whether it is worth to make a decision and what possible outcome it may cause.

There is an efficient technique which you can use to find out more about the primary reason of any decision you intend to make. In fact, this technique is a deep psychological self-analyses which you do to yourself by using one of these two questions:

“Why?”

“So What?”

This is why I call this techniques ‘WSW self-analyses’.

Sometimes you do not know what decision to take. It may be that you are afraid about the possible outcome. You may ask yourself questions like these:

“Do I really have to do this or that?” “What if I choose like this or that?”

“I am not sure what to do or whether I have to do something about that.”

It is not always that you have to take a decision and follow it. In many circumstances you can do nothing, just give up. WSW self-analyses allows you to find out the primary reason of any decision you want to make; then you can evaluate whether it would be more beneficial for you to give up or to follow.

Here it is how you practically proceed with WSW self-analyses. First, take a large sheet of paper, rather not smaller than A2.

1. Write your decision on that paper.
2. Ask: “Why ... ?” Q1
 1. Write down the answers. It may be only one or more answers. Write down all of them. Let’s imagine that you have four answers: A1, A2, A3, A4.
3. Ask: “Why ... ?” to every of these answer, thus Q11, Q21, Q31, Q41.
 1. Write down the answers, same as you did above.

Continue this procedure. You will come to a point when asking a “Why ... ?” question becomes impossible, illogical or strange. In this case, ask “So what?”. This is the crucial point of the self-analyses.

Do not answer the “So what?” question, because it is asked to your instinct. **Whenever you ask a question to your instinct, you need to focus on what you feel.** Do not think how to answer, because this would come from your intellect.

“Why ... ?” is a question to intellect, then you need to think about the answer. “So what?” is a question to instinct, then you need to feel without any thinking.

Why ... ? → think

So what? → feel

Proceed with your self-analyses until you have no more “Why ... ?” questions. The more answers you give to the “Why ... ?” questions, the

more you learn about things related to your decision. You will discover things which initially you were not aware of.

There more you feel the reaction of your instinct to “So what?” questions, the deeper you learn about yourself and about things that you were not aware of. You may wonder at what comes out from your subconsciousness.

According to feedback received from my students, majority of people who made WSW self-analyses, give up taking the decision which they initially intended to. They also reported how wonderful lesson about themselves this analyses was. They call it “advanced psychological self-analyses and self-healing technique”. Indeed, WSW self-analyses really is a powerful tool on a path of your conscious self-development.

Look at the example below, how WSW self-analyses can be done. It is only a part of the entire sheet, which is several times larger, however this can give you an idea to follow, if you need it.

In fact, the author of this self-analyses gave up her decision to “lose weight”. One of the most important things she realized was that she suffered insufficient self-esteem due to education she had received from her society. From that self-analyses, she draw a conclusion that it would be more beneficial to focus on Loving herself. In fact, as the result of her growing self-awareness, later she did lost weight naturally.

WSW self-analyses is designed as an exercise that you perform on yourself. Sometimes you can use this technique with others, especially with a close relative or good friend. You ask them, they answer and write the answers. This is how sometimes you may help others to solve their problems.

I HAVE DECIDED TO LOSE SOME WEIGHT Why have I decided this?

thread for answer 1:

A1 So that people like me more.

Q11 Why do I want people to like me more?

A12 When people let me know that they like me, I feel better.

Q12 Why do I expect someone's favorable opinion about myself?

A13 People's judgment of me determines how I feel.

Q13 Why does my mood depend on someone's judgment?

A14 My self-esteem is not strong enough.

Q14 Why do I have such a low self esteem?

... and so on.

thread for answer 2:

A2 So that X will see me as more attractive and he will like me.

Q21 Why do I care if X likes me?

A22 Because I love him.

Q22 So what?

thread for answer 3:

A3 So that my body fitness improves.

Q31 Why do I want my body fitness to improve?

A32 Because then I feel better and am more attractive.

Q32 Why do I want to be more attractive?

A33 Because then people will like me more.

Q33 Why do I want others to like me more?

A34 I care more about X, if he feels more attracted to me.

Q34 Why do I care about X?

... and so on.

thread for answer 4:

A4 So that I can save money on food.

Q41 Why do I want to save money on food?

A42 I think I have too little money.

Q42 Why do I want to have more money?

A43 It makes me feel more secure.

Q43 Why do I feel financially insecure?

A44 I am afraid that I will have no money for living.

Q44 Why are you afraid to have no money for living?

A45 Then I will live in poverty?

Q45 So what?

VISUALIZATION



I guess that you have heard this term many times and you probably also practiced something which could be called visualization. In fact, people have given this technique many different names. There are many different teachings under these names, including books, videos and seminars.

People who practiced visualization techniques complain that their practice did not produce the expected results, in other words, it did not work as advertised. I can understand why many visualization

techniques do not give expected results – they miss something, I mean, they are not sufficiently elaborated or not fully described techniques.

Around the end of the twentieth century, I decided to travel through eleven countries in Asia. In that time, I did not have money to realize my project but I did visualize it done successfully. To make a long story short, a year later I was back home having visited eleven countries, and I had brought amount of money bigger then fourteen years of my work. Without visualizing during my Asian traveling, I would not had achieved such a miracle result.

I also used visualization later in my life, for example, to buy a new car and a house when I had only 10% of the needed money. I also used this technique to heal my body within a dozen of minutes. I have achieved a lot by using visualization, things that people would call miracles. When you sufficiently understand how the mind works, you do not believe in

miracles, because you can design techniques like visualization.

This table summarizes the key points of successful visualization. It is a description which I have elaborated based on my knowledge. I know that this works and gives me the final goal which I visualize.

1. Make a clear, realistic and vivid image or film in which all your senses are engaged.
2. Imagine the final goal in the present time, now and here.
3. Imagine that the final goal already has been achieved.
4. Know that it is all your present reality; believing may not work.
5. Saturate your image with life energy while experiencing joy and Love.



I am, now and here, a powerful lion !

For visualization to really give you the expected result, so-called ‘final goal’, you need to perform the mind work properly. There are five points which have to be fulfilled. If you perform all of these points properly, you will have your final goal of visualization realized.

First of all, be aware that visualization works, this means that if you do visualize properly, you will experience the final goal. Why it is important to be aware of? Having realized your final goal, you may discover that it is accompanied by unexpected associated circumstances. What if you do not like these circumstances? Well, you may regret but it will be too late. I suggest, think twice or more times and make sure that you really are ready to experience the final goal of your visualization and all the associated circumstances.

I suggest that you meditate on the following description of all five points of visualization, so that you can perform them properly. Only when you perform all the point properly, visualization will produce the final goal. If you perform some of these points not properly, the final goal may differ from what you visualized, or it may be realized later, or it may not appear at all.

re. 1

You have to be sure exactly what is your final goal. This does not mean that you have to envision all the details. Imagine only those features of your final goal which are important to you, leave the other things because they will be automatically adjusted to fit well.

For example, if your final goal is to have a new luxury car, you may not really care about its color, then do not imagine it. If the brand is important to you, imagine it clearly.

Your image of the final goal should never change, that is why you have to really make sure exactly what you want, before you start visualizing.

Very important – all your senses have to be engaged in your visualization. What it means? Well, you imagine not only the appearance of the final goal, you also imagine how your senses function in the circumstances of your final goal. Let us continue using this luxury car as an example.

1. Eyes – you see yourself driving this car and your family members sitting in it. You notice their happy faces. Look, what you see on the way while driving.
2. Ears – when you switch the engine on, you hear it. You also hear your family talking “Very comfortable seats and the car moves so softly!”. “You really did it, I still cannot believe, it must be a coincidence.”
3. Touch – You feel the temperature inside the car. You experience nice feeling of holding the steering wheel and also touching the smooth surface of the car interior.
4. Smell – You imagine the smell of the freshens while sitting in your car. You can smell that behind you your mother eats a fruit.
5. Taste – Imagine how you kiss the steering wheel and even lick it, all because you are so happy. How does it taste? – your child asks.

The more realistic are all of these sensations, the closer it becomes to realizing your final goal. Put an effort in engaging your senses as much as you can.

Make sure that your image is as vivid as your reality. In fact, this image should be a film running in your imagination, not a static picture. Make this film so realistic, with all your senses fully engaged, so that when you close your eyes you see it as something real in your life.

re. 2

While you are producing this realistic film, all must be occurring now and here, in the present. If you imagine it in future, it will never occur. Future does not exist in reality. Future exists only as imagination. You are never in future, therefore if your goal is realized in future, you will not get it, because you are always now and here, in the present. “Now, here, I am driving my new luxury car.” ... continue.

re. 3

Imagine realistically that the final goal of your visualization already has been achieved. In your present reality. Now you already are the owner of

your car and drive it. All of that already have been realized.

re. 4

People ask me: “How can I ‘know’ that it is my present reality if I know that it is not?” and “Shall I cheat myself?” I answer, yes, you must cheat yourself. In fact, it is not you, it is your instinct that has to be cheated. To be precise, instinct is not cheated, it is programmed to produce and to display the modified reality.

How do you know? I mean, how does it happen that you get to know something?

It is all about your senses. Data perceived by your senses create your reality. When your senses inform you about something, you get to know it. If you see, hear, touch and smell a car, you do not believe that the car is in your reality, you know it, therefore the car becomes a fact for you.

This is the key in point 4. This is also the reason why I insisted in point 1. that you intensively engage all your senses. Once all the senses are sufficiently engaged, your instinct will be programmed to sustain this modified reality. Then instinct will run it automatically. When your instinct runs reality automatically, without your intervention, all your senses perceive this reality as true.

Remind yourself what I told you about the mind, especially instinct. All of the matter, including your body, is an image in your mind. In other words, your mind produces what your senses perceive as your daily reality.

re. 5

The four above points were about the image. Point 5 emphasizes the need for life energy. To produce reality, according to physics, an image (a program) and energy are needed. Therefore, in order to make your final goal come true, you need to saturate your image with your life energy.

Practically this means that when your image is ready, in other words, when all four points are fully realized, you need to produce more life energy and combine it with this image. How do you do that. Well, there are two approaches.

In the first approach. At the beginning of your visualization, make yourself very emotional. The more emotional circumstances you can produce for you to experience, the more life energy will be emanating throughout your body.

Make sure that this emotional excitation is caused by joy or Love. If you used anger, you may not be able to control the image. If you cannot control your image, it may badly affect the final goal and produce undesired side effects.

When you are under the strong emotion, maybe crying under the influence of joy and Love, bring your realistic image and focus on it.

The second approach is the opposite of the above one. You first produce the realistic image, then make yourself very emotional in order to combine the image with energy.

I suggest that you exercise both approaches and maybe later choose the one which works more efficiently for you.

For the highest efficiency and for the shortest time to achieve the final goal, visualization should be done from the moment you wake up until you fall asleep. What I mainly mean is that the image and thinking about the final goal should be kept unchanged in your intellect.

Some people do a serious mistake when they visualize only during special time dedicated for visualizing. After that time, the image of the final goal is often changed. For example: Joe is visualizing that his body is in perfect health; but when others ask him about his health, Joe complains and describes his health problems. This is how Joe is acting against his own visualization, damaging what he achieved during the

visualization time.

Keep the image of the final goal all the time. Even if others ask you, describe them the final goal as it is done in your visualization. If you do not want them to feel that you lie to them, say that you are visualizing and you do not want to impact your vision negatively.

By the way, when you are joking, do not change the image of your final goal. Instinct does not think, so it cannot distinguish whether you are talking seriously or joking.

I suggest, generally, whenever you are communicating with people, let it be spoken conversations, Internet chat or discussion forum, never state negative images about yourself. Your instinct really cannot think, so it cannot judge or distinguish whether you are serious or joking. Also, the more emotional your communication is, the more it impacts/programs your instinct.

Some people, while joking, would say sentences like: "... I am stupid ...", "... I look old/ugly ...", "... this is all my fault ...", "... you can blame me ...", etc. Even if you are not serious in your expressions, and others understand that you are not really thinking like that, your instinct will be programmed according to your expression. Be aware of this fact.

On the contrary, I advise you, use positive expressions about you, even if you do not believe them. Tell others that you are "very smart", "the best", "beautiful", "young", "very healthy", "Loved by people", etc. This will be so-called positive programming of your instinct.

ENLIGHTENMENT

I suppose that you have heard this word many times. People have given this word several meanings. Here is my definition:

> Enlightenment is a state of the mind in which intellect, being transparent and passive, can access information directly from intuition. < Enlightenment can be switch on or off, this is an ability of the mind, which people are born with.

As you may remember from the chapter about mind functions, intuition is like a storage of knowledge, in other words, you(IAM) know everything. Normally, being busy with its processes, intellect cannot access intuition, so it does not know more than it is stored in memory.

When you are born, your intellect is quite passive because it has little processing power. This means that there is almost no thinking occurring in intellect. Your intellect is not busy with thoughts, it is transparent, so it can see the knowledge in intuition.

Let me tell you a story. Imagine that you are in completely dark place, it is so dark that you cannot see your nose. You want to go home but in this complete darkness you do not see the way. You may believe that going this or that way will direct you home, so you start walking. Then you tumble due to an invisible hole or object, maybe hurting yourself. “Well, wrong way. Maybe here?”... You try and try but there is a little chance that you will find the way home.

Then you realize that you have a solution, there is an electric torch in your pocket. You take it out and switch on, light appears. “There is light now, so I can see the way clearly. I can walk safely. I know the way home.”

In this story, the darkness symbolizes ‘believing’, and the light symbolizes ‘knowing’. Indeed, it is like that in life, when you follow what you believe, you can easily tumble and hurt yourself. When you follow your knowledge, you are safe on your way. It is worth to remember these symbols, you can find them in ancient books and paintings.

+ = believing or belief; light = knowing or knowledge

Let us analyze the word ‘enlightenment’ => **en – light – en – ment** :

en = **in** (from Greek) or **place**,

light = **light** (root word),

ment = **mind** (from Latin);

therefore: **in – light – in – mind**

which can be written:

inlight-inmind

or

in-lighten-mind.

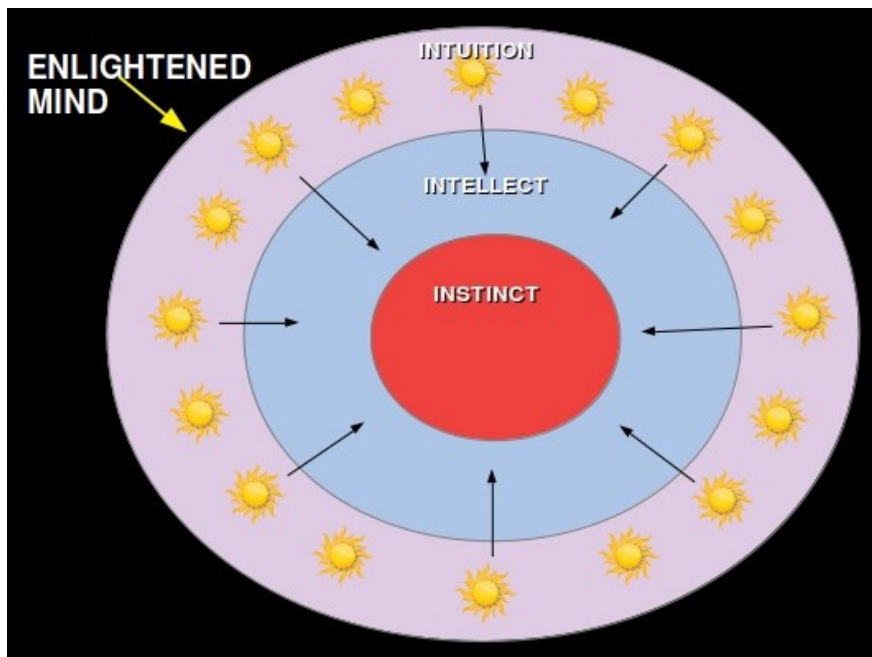
Also, **enlighten** is an archaic form of **lighten** = ‘to make light’.

To summarize, the exact translation of enlightenment could be: ‘light in mind’, ‘mind in light’, ‘place of light in mind’, ‘to make light in mind’, or ‘to make light in a place in mind’. Whatever the exact translation is, ‘enlightenment’ emphasizes a relation between light and mind.

By the way, the word ‘enlightened’ means “freed from ignorance and misinformation” (Merriam-Webster dictionary); so we can say that where there is light, there is no ignorance or misinformation. Of course, light = knowledge which deletes ignorance.

Hence the symbol of knowledge is light, therefore, a sun, a light bulb or a source of light can symbolically represent knowledge on drawings.

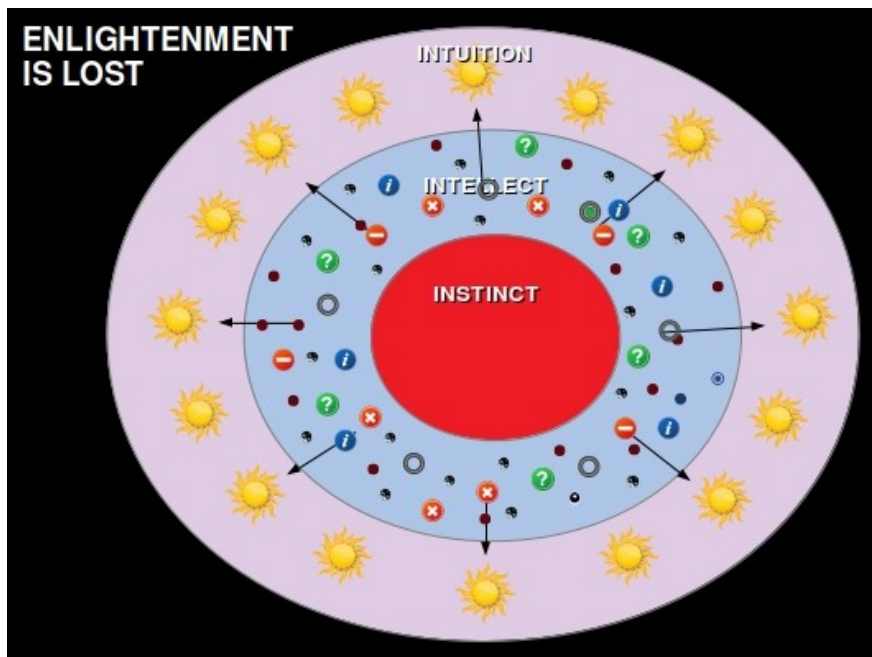
Look at the following picture “enlightened mind”. I drew many suns in intuition, they symbolize knowledge.



You see, intellect is empty, it is not occupied with any intellectual activity. There are no thoughts, intellect is passive, therefore it can clearly see the light emanated from intuition. The meaning of “see light” is ‘to know’. The picture represent a state of the mind in which intellect knows. This state of the mind is called ‘enlightenment’.

When man is born on Earth, their mind looks like that – man is born with the mind in the sate of enlightenment. You see, to have the mind enlightened is natural for man. Why adults are not enlightened? What

happens after the birth that causes the lost of enlightenment? Well, this happens due to education.



Yes, the education that people undergo from the moment of birth, gradually changes the state of intellect. First, the parents take care of the child, of course. They talk to, hug, kiss, feed, etc. the child – all of that makes the child to pay more and more attention to information from outside of their passive intellect. All of this information is delivered by the senses.

With the flow of time, while the child grows, their intellect becomes more and more active, therefore more and more thinking appears in the mind. Statistically, around the age of one, the child can intellectually interact with the parents quite much, the talking ability also develops. This means that the child's intellect is significantly more active compared to how it was just after the birth.

The child grows, they think and talk more and more because their intellectual abilities develop quickly. Statistically, around the age of three, the child is thinking and talking almost without stopping. This means that the child's intellect is not passive any more, it is now very busy. Very busy intellect is full of thoughts, it is focused on many activities. This means that intellect is not enlightened any more, enlightenment is lost.

The picture "enlightenment is lost" symbolically presents the mind where intellect is full of thoughts. The light cannot pass freely thorough intellect, in other words, intellect is not enlightened. This is the mind of a common adult, statistically.

CONTEMPLATION OF PASSIVENESS

Now, when you know what is enlightenment and what is the difference between the mind of a baby and an adult, you may like the idea to bring back your inborn enlightenment. Sure, this can be done by mind exercises. You can also practice to switch enlightenment on and off.

When we compare two above pictures, we see that the only difference is the content of intellect which consists of thinking, imagining, attention and perceiving data from senses. Thinking visually, it should be enough to remove this content, to make intellect passive again.

Contemplation of passiveness is one of many mind exercises that can be practiced to make intellect transparent and passive again, thus to switch enlightenment on. Here it is how to practice the contemplation of passiveness.

Find a place where your senses are not disturbed and you can sit comfortably. You can lie down but this posture may make you fall asleep

quickly. Do not focus on any part or function of your body; the less you feel it, the easier it is to perform this exercise.

Take your preferred posture and relax the body. Deepen the relaxation to make sure that none of the senses is calling your attention.

Once relaxed, become aware of your intellectual activity. Detach your attention from any thought. Your goal is to make your intellect thoughtless and passive, but not to fall asleep.

You may notice that despite your effort to keep detached from thinking, you are following thoughts. No problem, just detach your attention from a thought and let it go free. Some thoughts or disturbances coming from senses may persist for longer time. Do not force yourself to stop them, just let them go without feeling any emotion or attachment.

Keep repeating this procedure – that is all you need to do to eventually succeed in making your intellect passive.

With the practice, you will notice that there are fewer and fewer thoughts in your intellect, and you pay less and less attention to senses. Continue the procedure in order to keep your intellect passive for longer and longer portions of time.

Sooner or later, you will notice that you can stay passive for extended portion of time. While your intellect is more and more passive, you may notice something similar to sudden flashes of light. You may have visions of longer lasting bright lights, colors, shapes and also hear sounds. These are signs that you are progressing well and thus your intellect starts to perceive information from your intuition.

Staying with passive intellect for longer time, may make you fall asleep. That is all right, no worries, you will overcome this obstacle. It may feel

like a challenge for your mind, to keep intellect passive and stay awake, therefore you may need to practice this ability longer.

What happens next is that your intellect perceives information from intuition. This also may feel like a challenge because intuition is not bound by time or space but intellect is. At first it feels almost impossible, so difficult for the intellect to function without reference to time or space. So, you have a situation, where intellect perceives information from intuition instantly, in zero time, but intellect needs time to analyze it in order to understand.

What you do in this situation is simple, just pay attention to whatever information suddenly appears in your passive intellect. While you practice, you will learn to translate information coming from intuition in zero time to long messages understood by intellect. For example, there was a flash and then, as if it was not intended by you, thoughts and visions develop by themselves.

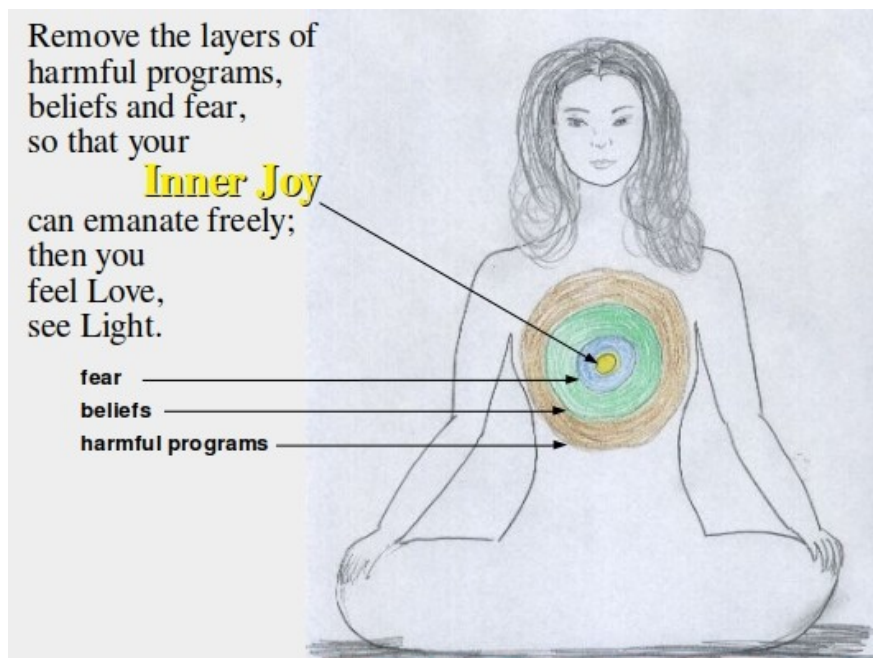
Just continue practicing, this process will become more and more fluent, your intellect will be able to understand any data coming from intuition. Later, whenever you will receive information from intuition in so-called zero time, you will be able to talk a long story or write a book, just based on that instant message.

INNER JOY BY SELF-EDUCATION

You learned the passive and dynamic Inner Joy exercises, I hope that you are practicing them and feel the benefits. There is one more approach which may help you to allow your Inner Joy to emanate freely. This is achieved on a way where you need to educate yourself more in order to get rid of obstacles blocking your Inner Joy.

On the following picture, you can see the source of life, positioned in human body. Inner Joy is blocked from emanating freely by the layers of fear, belief and harmful programs.

Fear directly blocks Inner Joy. Without fear in man, Inner Joy would emanate freely. It is a fact that people are afraid of many things, they are loaded with fears which create a barrier difficult to break by Inner Joy.



People are afraid of a punishment, mistake, danger, opinion, poverty ... and many more; it looks as if fear was one of main factors driving the behavior of man.

Why do people create so many fears? This is because they have beliefs. Yes, you create fear based on your belief. Observe animals in nature – they have no fear. Of course, they run for life but that is not based on fear,

that is a self-defense mechanism of animal instinct. It is people who create and amplify fear in their perception of life. This fear is kind of imagination created in intellect.

I hope that you remember what a belief is. Yes, it is a lack of knowledge. If you know something, you would not create any belief about that. Only when you do not know something, you will believe or doubt that.

How much you know depends on many factors but the major ones are society in which you live, its education system and your interests. These three factors may program your instinct in beneficial or harmful way. Beneficial programming helps you to build your knowledge. Harmful programming affects your ability to understanding truth, so it directs you rather to beliefs.

In present times of this civilization, the harmful programming strongly affects people. Majority of official education systems on Earth damage natural mind abilities of man, making them less capable to find out truth. This damaging process of harmful programming starts from the moment of birth, if the parents lack sufficient wisdom.

Harmful programming by the society is a large topic sufficient for a separate book. The mass media propaganda, blind over-usage of mobile phones, addiction to computer games or films – just to mention of few – really stupefy man. Anyway, that is another topic, so let me go back to Inner Joy being block by the layers of fear, belief and harmful programming.

If you decide to help your Inner Joy to emanate freely again, what you need to do? Look at the picture. Of course, you need to remove the layer of fear because it directly blocks Inner Joy. However, the layer of fear is there because of the layer of beliefs, and the beliefs are there because of harmful programming.

The conclusion is obvious, first remove the layer of harmful programming. Once this layer is removed, all the beliefs automatically go away because they have no support any longer. Once the beliefs go away, the layer of fear has no support, thus it evaporates.

All of these steps are automatic. You only need to remove the most outer layer, that is get rid of your harmful programs. Once the harmful programs are removed, your beliefs and fears are gone too, thus Inner Joy can freely emanate.

Practically, what you may start with is self-education. Yes, you may need to educate yourself wisely. Look for sources of so-called unofficial or alternative information. Be open to it but do not blindly believe anything. Use previously described techniques to free yourself from beliefs.

The self-educating process may be long and sometimes painful but it shall help you to remove the harmful programming. The more you free yourself from it, the brighter Inner Joy will emanate through you. Of course, do continue the passive and dynamic Inner Joy exercises.

BODY CARE

There are many ways you can take care of your body to make sure that it functions properly. I am going to talk about revitalization and regeneration, a breathing exercise, vibrating by resonant sound, physical activity, body environment, energizing exercises, Conscious Eating.

REVITALIZATION, REGENERATION

This topic by itself is enough to write a book. I want to mention shortly only some essentials about bringing your body back to normal state which is known as perfect health. Your body may need revitalization and regeneration, which can be achieved by staying sufficiently in nature. When I say ‘nature’, I mean the real thing, the unspoiled green organism of Earth; I do not mean a grass field, a park or a forest in a city.

Nature is the largest and the strongest organism on Earth. It was here before any humans arrived and it will be here after all people go away, regardless of their behavior. People will die much earlier than they will be able to destroy the entire nature.

By the way, some people believe and say that “we have to save Earth” – quite ridiculous statement, in my opinion, because it is the opposite. Just look at this civilization, it is us that may need to be saved, not Earth.

There were many civilization on this planet, they all developed and then destroyed themselves, disappeared, were wiped off. Nature always remained alive surviving many wired behaviors of man destroying it. We people come and go but nature is always there.

First of all, be aware that your body is built from Earth elements therefore its life is sustained by nature. The human body is a part of nature, it is

fully compatible with nature and cannot survive without it. The natural habitat for the humans is nature. Every other place, which is not the original, so-called unspoiled nature, is less than perfect for your body. Nature in its original state is the only place where the human body can fully revitalize and regenerate, and its life can be continuously sustained at high energy level.

If you live in nature, you understand what I mean. If you were born in a city and rarely go to nature, you probably do not feel the value of nature. Nevertheless, I suggest that you bring your body to its natural habitat and stay there as often and as long as possible for you. This becomes especially important if your body becomes weaker. Sleep in a forest on the soil, swim in natural waters, drink from streams, walk barefoot, etc., all in order to revitalize your entire body.

Nature has a very important feature, it restores your body programming. When you live in a city, especially if you stay in a place full of electromagnetic emanations, eat genetically modified food, take chemicals called “medicine”, destroy the immune system with vaccines and weaken your body with other environmental harmful factors, your body programming is distorted, it may become seriously harmed.

Nature is the strongest organism on Earth. When you are inside it for sufficiently long time, nature automatically restores your original body programming. In other words, nature restores the original state of the body, thus revitalizes and regenerates it. You do not have to do anything, just stay in a forest, walk through it, eat from it, relax and sleep there. If you do, nature will naturally reprogram you.

Did you know that there are two mutually contrasting living spaces on Earth? One is called “paradise”, the other is called “hell”. The “paradise” is nature, the “hell” is city.
Shocked? Well, it is true.

Do not you believe me? Research for yourself, feel and then meditate this information. Compare how you feel in a crowded city and how in nature.

BREATH EXERCISES

There are many breath exercises; some of them are beneficial, some harmful to man. I suggest that you do not blindly exercise whatever breath exercise you learn about. Before you practice one, first make sure that you understand how it affects your body.

Look at the following picture, it is an example of a simple breath practice which you can perform whenever you want to energize your nerve system to increase its efficiency.

ENERGIZING NERVE SYSTEM BY BREATH EXERCISES

1.
**Exhale,
hold your breath.**



2.
**Inhale,
hold your breath.**



Step 1.

Exhale as much air as you can, force little more, until the last air molecule. Hold your breath till you feel little suffocated. When you cannot hold any longer, start breathing normally. Let your lungs rest while breathing normally several times. Repeat this step several times.

In step 1, by holding your breath, you decrease the amount of oxygen, while increasing the amount of carbon dioxide in the blood. This condition irritates your nerve system forcing it to sharp its attention.

Step 2.

Inhale as much air as you can, force little more, as if your lungs were a balloon. Hold your breath till you feel little suffocated. When you cannot hold any longer, breathe normally several times.
Repeat this step several times.

In step 2, by holding your breath, you decrease the amount of carbon dioxide, while increasing the amount of oxygen in the blood. This action refreshes the nerve system, preparing it to focus better on a subject.

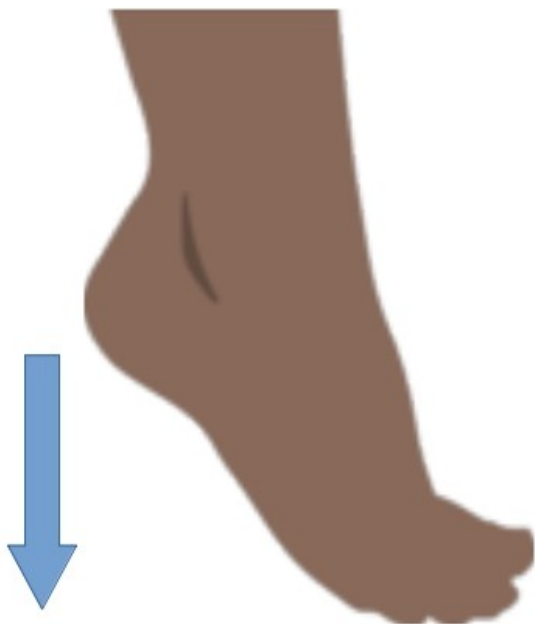
Performing this breath exercise may make you dizzy. Be careful, when you feel dizzy, stop, sit or lie down and breathe normally. You can rest longer, until you feel all right.

This breath exercise helps you to sharpen your attention by increasing the efficiency of the nerve system. You can do it whenever you feel sleepy or lose your attention while passively watching a lecture. See how it works for you in the morning, straight after you wake up.

FALLING ON HEELS

Stand freely with your feet rather close but not touching. Rise on your toes as high as you can, then suddenly let your body fall freely on your heels. When your heels hit the ground, the entire body will be shaken, you may feel little shocked in your head.

**Fall
freely
on
your
heel.**



While doing this ‘rise and fall on your heels’, make sure that your jaws muscles are completely relaxed. If they are relaxed well, then, when your body falls on the heels, you will feel your teeth clicking against each other. This produces piezoelectricity which – in simple explanation – energizes nerves in the entire skull.

Additional advantage of this exercise is that it shakes the veins. This helps their inner walls to be cleaned from sediment.

Repeat the rise and fall several times, but rather not more than fifteen times. If you feel dizzy, stop.

VIBRATING BY RESONANT SOUND

When a physical object, for example air, vibrates in specific range of frequencies, your ears can hear a sound. Although human ears can hear very narrow range of frequencies, the body is influenced by much wider range, what is called infrasound and ultrasound. You can use sounds to harm or benefit your body. Music can be used for this purpose. You probably also heard about so-called sound therapy.

Man can emit sounds at different frequencies. This ability can be used for energizing a region of the body, whenever you feel that it became weaker. You can use sound to energize the entire body too. This is how to proceed with this exercise.

Stand freely in a relaxed posture. The most beneficial is to stand barefoot on soil in forest. Focus on which region of the body you want to energize. Keep emitting a sound from within yourself until you find the resonant frequency. Then emit sound at only this frequency until you feel enough.

What is very important in this exercise is to find the resonant sound frequency of the chosen region. While emitting the sound, focus on feeling how the chosen body region vibrates. While staying focused on it, change the frequency and timbre of the emitted sound.

Start from the lowest frequency that your throat can emit. Then slowly rise it going to the highest which is still comfortable for you, then go back down till the lowest. Repeat as many times as you need in order to find the resonant frequency of the chosen region. While emitting the sound, keep focused on how the chosen body region reacts. At the

resonant frequency, you will feel the strongest vibration in that region.

I suggest that you first exercise to change frequency and timbre of the emitted sound. While increasing or decreasing the frequency, change the timbre by changing the shape of your mouth and position and shape of the tongue. This may require some practice. Make sure that the emitted sound is loud, but do not shout, it will be easier to practice.

Keep focused on feeling the chosen region, while changing the frequency and timbre of the emitted sound. At the resonant frequency you will notice a significant increase of vibration in that region.

ALTERNATE SHOWER

Taking an alternate temperature shower gives the body a nice refreshment and builds resistance to temperature changes. It strengthens the immune system and helps your body to get rid of some skin diseases. This exercise is so easy that you can practice it starting from today. I suggest that you make alternate shower your normal daily practice.

Start your shower, then increase the water temperature to the highest that you can stand without burning your skin. It will be somewhere between 40 and 48°C. Do not burn your skin, there is no need to do that.

Let this hot water flow onto your entire body for 15 to 30 seconds. Then suddenly change the water temperature to as cold as possible. The most beneficial temperature is somewhere between 15 and 4°C. Let this cold water flow onto your entire body for 10 to 20 seconds. Then repeat this hot-cold procedure at least two more times.

Remember to finish your showering with cold water. Cold water will close the skin pores and make your body keep its warmth within itself.



Very low water temperature is not often found in showers. In such a case, I suggest that you arrange two bathtubs; one with hot water, the other with water containing pieces of ice. Instead of showering, you alternately enter and lie down in the bathtubs. Enter the hot tub for 15 to 30 seconds, then enter the cold one for 10 to 20 seconds, and so on alternately, at least 3 times. Finish, of course, in the cold tub.

Do not use any soap, shampoo, etc. under the alternate shower. Instead, you can use hard brush to clean the entire skin. Hot water opens pores of your skin, cold water closes them. The brushing and repetitive change of water temperature falling on the skin, cleans the pores of dirt and sebum.

The hair-like blood veins just under the skin sometimes get clogged up with sediment, then the blood flow is obstructed. For that reason, many

old people suffer skin problems. Have you seen the color of their skin in lower leg regions? With alternative hot and cold water temperature, the veins expand and contracts. This mechanical action helps to remove some sediment, thus helps to open the diameter of the veins.

ENERGIZING EXERCISES

The human body is an electrical device, so it needs to be powered with electricity to function properly. Sun and Earth are also electric bodies, they provide power to all organisms living on this planet. When you walk or lie down on the soil or rocks, Earth electricity can flows through your body. Sun charges air with electric particles, these particles also reach your body. Other cosmic emanations also reach your body. All of these three sources power your electric body.

How do you feel having stayed in a place where your body is isolated from the natural surface of Earth, or even worse, Sun emanations do not reach you? Do you feel fresh and energized? Probably not. Then, go outside to a forest, let you body bath in the sunshine and walk barefoot. How do you feel now? Definitely better, I guess.

People who do not stay sufficiently in nature, may have their body underpowered. Underpowered body, especially if that state lasts for too long, is weaker and cannot function properly. The immune system do not have enough self-defense power, so the body may get illness.

In order to power your body properly, you may need to do some energizing exercises. In this type of exercises, you focus more on energy directed to your body than on physical movements. There are many different energizing exercises, for example the well known in China Qì Gōng and Tàì Jǐ.

You can follow different schools and masters who teach energizing exercises or you can do them yourself. There is a simple and quite suitable energizing exercise for majority of people, which I teach in my seminars. Here it is how to do it.

Find the most beneficial place for you practice. The most beneficial environment is in nature, among trees and rocks, at the sea side. Of course, practicing energizing exercises in any other place brings more health benefit than no exercise.

Stand in a free and relaxed posture. Fully close your eyes if you feel stable, if not, half close them. Focus on how your body feels so-called energy flow. In fact, it is electrical activity of the body that makes you feel even the most subtle sensations. You need to focus on these subtle body sensations.

While you stay focused on them, you may also discover that some part of the body is not fully comfortable and it feels to you as if that part wanted to move. Do follow that feeling and allow the muscles in that area to move. This may require you to move a finger, hand, leg, head, belly or even entire body.

The most essential in this exercise is your full focus on how your body feels the energy flow. While focused on that, you discover so-called energy blocks. Then you are able to release that blocks by moving the corresponding muscles. Remember not to focus on the muscle movement, you focus only on the energy flow and then let the muscles to move by themselves.

This is the most basic energizing exercise. The more you practice it, the better you will feel your body energy and also the energy of the surrounding environment. Many energizing techniques were developed out of this basic exercise. They were given different names and developed

into schools or systems of energizing practices.

Majority of people, who follow the teachings of those schools, are not aware that the essence of energizing exercises is not the movements they perform, it is the feeling and manipulation of life energy movement in the body.

TREE EXERCISE

I discovered 'tree exercise' while learning from trees, especially when looking at their auras. Trees are the kind of beings which is much more spiritual than material, also they are wonderful good teachers. Some of them can be over a hundred meters high, with their crown larger than a four story building. Can you imagine how large must be the root structure of these trees? Indeed, it is because it has to support such a big standing structure.

Having in mind such a big tree, imagine that its root draws life energy from Earth and its crown absorbs life energy from Sun. If you are curious, take a voltmeter, connect its electrodes apart on the tree trunk, to see a potential difference. Electricity flows through trees.

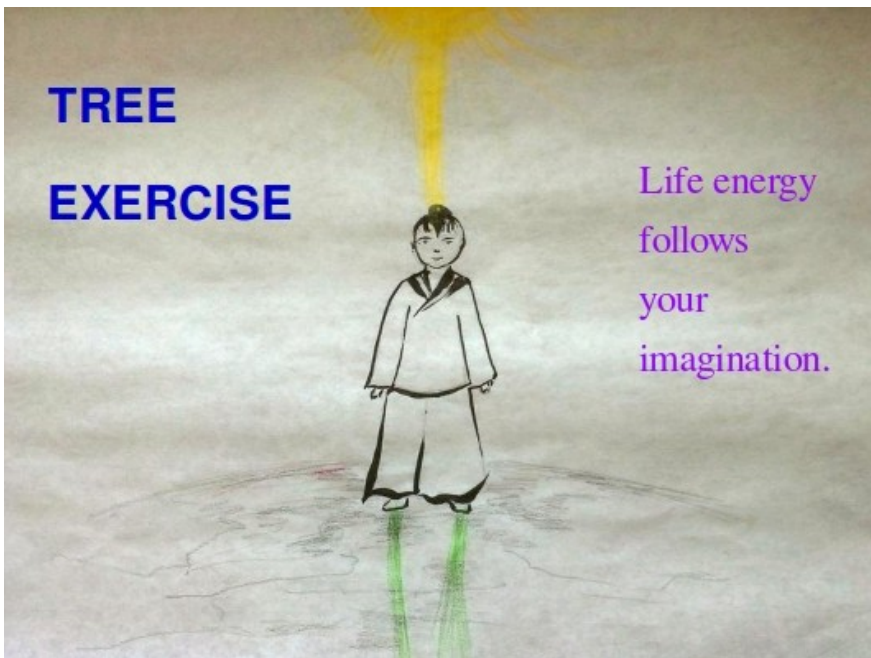
Trees in unspoiled nature can live over ten thousand years. During their entire life they support life of many beings, for example, worms, insects, birds and monkeys.

Look at the following picture to understand the tree exercise. Stand naturally straight and relaxed, so that you feel very stable. Focus for a while on feeling your body weight center which is inside the belly, little under the navel. Put your feet separated approximately as your hips. The placement of your hands is not important, you can leave them in natural position.

TREE

EXERCISE

Life energy
follows
your
imagination.



The key in this exercise is your imagination and breathing. While imagining a stream of energy, hold your breath. Keep the image as long as you can effortlessly hold your breath. Stop the image when you start breathing.

First learn separately stage one, then stage two, finally the entire exercise. Later, when you can easily master the entire exercise, you do not need to do stages one and two.

Stage one.

Inhale a little more air than you comfortable can hold. Inhale ... hold. At the moment when you start holding the breath, start the imagination.

Imagine a stream of energy flowing from Earth, entering your feet, going inside the legs till the center of the body weight. This point is also so-called *DānTián*, it serves as a battery for the body. You can imagine that

you are charging your battery.

When you cannot comfortably hold your breath any more, stop the imagination and then continue breathing normally. Breathe normally several times, so that you prepare yourself for the next inhale and hold. Then repeat the entire procedure of holding your breath and imagining. Repeat this stage several times, then rest for a minute or two, just breathe normally and enjoy.

Stage two.

The procedure is exactly the same with one significant difference. The stream of energy flows from Sun or sky, enters your head, goes inside the body until *DānTián*. Repeat this stage several times, until you feel comfortable loaded with the Sun/sky energy.

Stage three.

In stage three you combine both flows. While holding your breath, imagine both streams at the same time. One stream flowing from Earth, the other stream flowing from Sun. Both streams meet in *DānTián*. Repeat this exercise until you feel well energized. Do not exercise too much because it may make you dizzy or cause other body sensations.

When both streams meet in *DānTián*, they naturally swirl and create a vortex. I suggest that you do not imagine that vortex, to not disturb its natural creation; just let it happen by itself.

As I mentioned, the position of your hands is not important, however, some people find it easier when they hold or slowly move their hands in some way. If you feel the need to do that, feel free to experiment. Some people feel a growing ball of energy expanding from *DānTián*, so they place their hands as if they were holding this ball. If the hands disturb your imagination, forget about them.

There is no need to imagine the color of the stream because it is not important. However, while practicing, you can see the colors; no need to pay attention to them.

Remember to stand barefoot on the natural soil. The most beneficial place to practice the tree exercise is nature, of course. You can do this exercises also in any other place, even on the flying air plane, because the key is your imagination. Anyway, I suggest, whenever possible, go to nature to exercise.

PHYSICAL EXERCISES

The human body needs electricity to function properly. The body muscles can produce electricity, this happens when the muscle alternatively tenses and relaxes. When muscles are not moving for too long time, they become weak. This is why if you are not active physically for too long, you feel tired, sleepy, under-powered., etc. Then, it is enough to exercise for a few minutes, to feel energized again.

Be aware that the body needs some minimum amount of muscle movement regularly. If your muscles do not have this minimum muscle activity, there is no way for the immune system to work at its full efficiency.

People who daily perform physical work, may not need to exercise. Those who have so-called sitting or standing job, may need to do some physical exercises to keep the body in good shape and health. Everybody has their individual needs.

I suggest that you elaborate a set of simple exercises suitable for your body needs and do practice regularly. It does not have to be much exercising. For most people who do not work physically, it would be enough to exercises 3 to 5 times a day, every session 3 to 5 minutes,

which sums 9 to 25 minutes a day.

In fact, even if you exercise only once a day for 5 minutes, it really makes a big difference towards your benefit, compared to no physical activity.

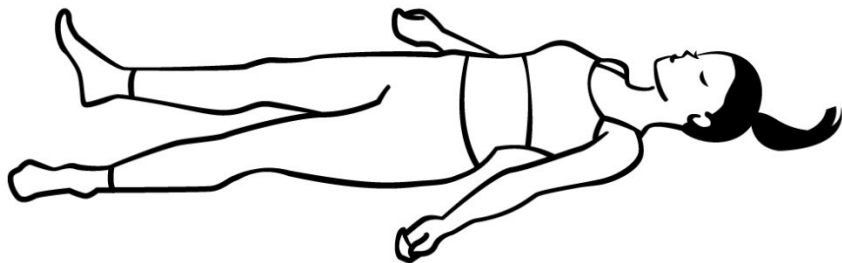
Swimming in natural water, especially in ocean, is the most beneficial physical exercise. Almost all muscles of the human body are working during swimming. The content of ocean water is quite similar to the content of human blood. When your body is inside ocean, the skin can suck in elements needed by the body. It is especially beneficial to swim in ocean during sunny weather.

Be aware that there is no way to keep your body in perfect shape and health if it does not have sufficient muscle activities. Some chronically ill people recover quickly after they start to exercise regularly. The conclusion is that you should exercise your body even if it is ill. Of course, do not exaggerate.

FULL BODY RELAXATION

There is time for body muscles to work but there is also time when they should be deeply relaxed. Obviously, when you are taking a rest, especially while lying down, your body muscles should be deeply relaxed. Also, when you sit, not all body muscles have to be tensed. What I mean is that sometimes people keep some of their muscles unnecessary tensed.

If a muscle is unnecessarily tensed, it may develop pain. It also may press a nerve, blood vessel or joint for too long time, causing pain or chronic disease. One of reasons of chronic diseases is unnecessarily tensed muscles for too long. Interesting, most people are not aware that they are unnecessarily tensing some muscles, especially when they are emotionally excited.



In order to take good care of your body muscles, sometimes you need to make them work and sometimes relax them deeply. There is a simple full body relaxation exercise which you can practice while taking a rest and before falling asleep.

Lie down on your back, on a flat surface which is not too hard and not too soft. If your bed is too soft, your body never can rest well because it lies in unnatural position. When you lie down on your back, the body should be naturally straight, it should not take the form of an arc.

While lying down, close your eyes and focus on the top of your head. Feel whether there is a tension in that area; if yes, fully release it. Go lower, to your forehead, then relax it deeply. Then move your attention to your ears and face, again do the same, deeply relax all of that areas. Continue, move down to your neck, release any tension, make sure all the neck is deeply relaxed. Move further down, focus on your shoulders, go deeper into their muscles, feel, feel. Make sure that they are really, deeply relaxed.

Continue this procedure consequently, muscle by muscle, until you reach your toes, to fully relax them.

This was one pass, from the top of your head until the toes. Now, go the opposite way, this will be the second pass which will deepen the relaxed state of all your muscles.

You should feel deeply relaxed. You may fall asleep while doing this exercise – that is all right, you will have a sound sleep.

When you do the full body relaxation exercise for the first time, it may take you a dozen or more minutes for one pass. The deeper you relax every individual muscle, the longer it will take but will give your body refreshing, healthy relax.

While you are performing this exercise, you may notice pain in some places. Pain usually means that there is a health issue in that place. It should be easy to remove it, just remain in that region, deepen the relaxation further. When you feel that the place is deeply relaxed, imagine warmth and energy manifesting in there, until the pain disappears. This is an easy and efficient method to cure some of muscle and joint health issues.

CONSCIOUS EATING

Obviously, eating is one of the most important activities that people engage in. Eating is one of ways to provide your body with substances that it needs. There are many diets and recommendations about eating, what, when and how to eat in order to nourish the body properly. All of them which I know, are harmful.

Think for a while about this, the human body needs thousands of substances to function properly. Your body needs to consume specific substances in right amount and time. To take the best care of your body, you have to know at what time and in what amount of any specific substance your body needs.

To make it even more sophisticated, be aware that your body is continuously changing, therefore its needs are also changing. At this

moment your body may need 103 mg of NaHCO_3 but tomorrow at this time, it may be too much or too little. For this reason eating at so-called meal times cause more harm than benefit to the body.

Imagine that your body needs water. You have access to the most wonderful water, one that can bring dead man back to life; it is called 'water of life'. While drinking it, at some point, you feel that your thirst was satiated. You should stop now. If you continue to drink, your body treats this water as excess. Any substance introduced in excess becomes a poison that has to be removed. You see, even when drinking the most wonderful water, you can poison your body.

Now, tell me. How do you know what substance, how much and at what time your body needs? This knowledge is essential to take the best care of your body nourishing. If you follow a diet, you obviously harm your body, as you can conclude from above explanation about body needs of substances.

Be aware that even nutritional science does not give satisfying advises.

If you could clearly feel, what, how much and when your body requires to consume, the problem would be solved. Well, this kind of ability is very natural for humans. In fact, man is born with the ability to feel what substance, in what amount and when their body needs to consume.

However, when we are babies, our parents feed us. Parents usually feed their baby according to what they believe that their baby should eat. Some parents force their children to eat what is on the table, not what their children's body really needs. Obviously, under such education, the natural ability to feel the real body needs cannot be developed, on the contrary, it is suppressed and forgotten.

The Conscious Eating method develops your inborn ability to feel the real nutritional needs of your body. You can practice CE whenever you

feel hungry or thirsty, just follow these steps.

Step 1.

When you feel hungry, never eat! This may sound strange to you, however it is an important step in starting your Conscious Eating practice. You cannot practice CE when you are satiated.



Continuously stay fully focused on what your body feels.

Whenever you feel hungry or thirsty, stop, sit down for a few seconds, relax and breathe freely. Ask yourself “What is this?” Do not answer this question because it is not directed to your intellect. You are asking your instinct because it is responsible for all the programs related to nourishing the body.

Relax yourself, close your eyes and ask “What is this?” Then, just feel. Feel the answer. Do not imagine or expect anything, just stay relaxed and

feel your body. I repeat, feel your body.

Staying focused on feeling your body all the time during the entire CE practice is the essential key to do it properly. Remember, **continuously stay focused on feeling your body**. Do not change your focus even for a second. Whenever you change or lose your focus, you actually stop CE.

What happens in this step, after you asked “What is this?” Quite often, within just a few seconds, your hunger disappears. This means that your body was not asking for food. There was another reason why you felt hungry. Maybe the next time you will receive an answer from instinct.

The next time, when you feel hungry, start CE. Of course, you do not rush for food, you stop, sit, relax and ask: “What is this?” Wait ... you must first focus on what your body feels.

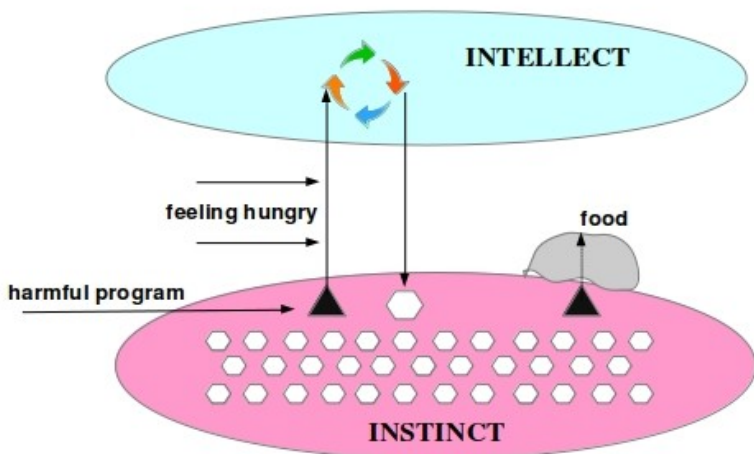
Imagine that your hunger does not disappear this time. Remain relaxed and fully focused on what your body feels. Your body is messaging to you, you have to learn to perceive the message. Remember that the message is not intellectual, it comes from your instinct.

While remaining focused on what your body feels, you may suddenly have a vision, a perturbing thought, a feeling or an emotion may unexpectedly appear. Something like this is the message from instinct. Focus on it, what is the meaning. Dedicate sufficient time to fully develop and solve it. What just happened? Look at the following diagram.

Sometimes, when you feel hungry, it is because your instinct is sending a message to your intellect. As you remember, instinct consists of programs and data. It has also some programs which are used for self-defense. Whenever instinct notices a harmful program, so-called virus, it will send a message to intellect. The virus can be anything, often it is an unsolved emotional issue sitting in the memory. Hence instinct does not have the thinking ability, it has to send a message to intellect, which can solve it

by thinking.

SELF-DEFENCE MECHANISM OF INSTINCT



While instinct sends the message about solving a problem to intellect, you feel hungry. If you did not practice CE, you would eat in this moment. By eating you would stop this sending process, thus you would harm yourself. The problem would remain unsolved.

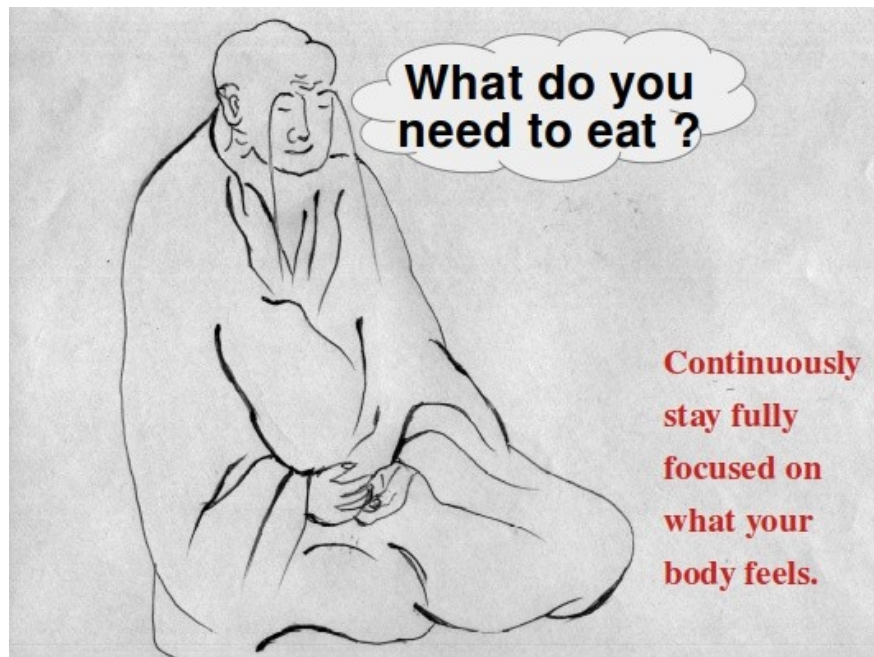
That is why you need to stay focused on what your body feels, that is on messages emerging from instinct. If you do it properly, you will become aware of your problem lying in instinct, and you will be able to take care of it and solve it. Of course, the feeling of hunger will disappear by that time, because your body did not ask for food.

You see, CE serves also as a psychological self-healing technique. This is why overweight people who practice it, lose weight and gain health. Also

food addicted people free themselves from the addiction. Those who like the taste of junk food, also recover by using CE.

Step 2.

You feel hungry ... stop ... relax ... ask “What is this?” Keep focused on messages coming from your body, your instinct. No obvious problem? Nothing extraordinary coming from your instinct but you still feel hungry. This means that your body needs to consume something.



Ask your body this question: “What do you need to eat?” Then run a list of foods in your imagination. You will feel that one or more of the list will create kind of strong attraction or even sucking from your body. This is what your body needs to consume.

Remember, never lose the full focus, stay focused on messages coming from your body, what your body feels. If you lose that focus, your Conscious Eating process may go wrong.

Let us say that, while running a list of foods, your body chooses apple. This means that your body needs in this moment substances found in apple, so you need to get one to eat.

Wait! Do not rush! Do not lose your focus! I said that you must remain focused on your body feelings all the time. So, now, while focused on your body feelings, move slowly in the direction of an apple. Move slowly, in a way that will not disturb your focus.

Do not rush. First look at the apple. Eat it with your eyes. Yes, eyes can send and can draw life energy. While looking at something, you can draw its life energy. While looking at the apple, you suck its life energy.

While drawing life energy of the apple, you may feel that your body says “enough, I am full”. Yes, do not wonder, that really happens. If you feel that your body is informing you that it is satiated, finish CE. You are full, no need to continue, until the next time when you feel hungry.

Next time, when you feel hungry, start CE. Proceed as before. Let us imagine that it was an apple again. You are now eating it with your eyes. Well ... “not enough, I am still hungry” ... – your body is telling you.

Proceed. Move your hand close to the apple. Feel. Besides feeling your body, feel the life energy of the apple that your hand is drawing into your body. Draw it till you your body is satiated.

If drawing life energy of food with you hand does not satiate you, proceed to the next step.

Slowly, while being focused on your body feeling, take the apple and bring it to your nose. Smell. Smelling is another form of eating. Smell until you are satiated. If the smelling does not make your body satiated, go to the next step.

Touch the apple with your mouth. Lick it to feel the taste. Remember, continuously keep focused on what your body feels. When licking the food does not make you satiated, continue CE.

If you still feel hungry, bite your food, slowly, small amount. Start to chew.

Now we come the second, most important, key of the entire conscious eating method. **Long chewing.** Yes, long, long chewing is essentially important. If you chew insufficiently, CE will not function properly.

Chew, chew it slowly and long enough until the food in your mouth changes to a liquid. Do not stop, continue chewing it. Chew the liquid until you feel that its taste changed. This is very important moment, a change in the taste of the chewed food.

This is a very important moment because the changed taste informs you that the food in your mouth is ready for further processing. To further process the food, you either swallow it or spit it out.

I repeat, this is a very important moment in CE. When the chewed food changes its taste, you will feel whether your body wants it to go to the stomach for further processing, or spit it out. When the taste is awful, the body informs you that you should spit it out. When the taste is nice, you can swallow it.

I can guess what you might think now, especially if you have chewed your food to change its taste. This action is so time consuming and so boring. Sure, I agree, it is, however, it cannot be skipped.

What I mean is that if you swallow food without chewing it sufficiently, it will never be processed properly. It is the taste change which signals to you that the food can go to the next step of digestion. Sometimes it should not go into the stomach. So if you chew insufficiency and swallow before the taste changes, you will make your body to deal with substances which are not ready for proper digestion.

The chewing involves physical and chemical processes. Your saliva contains chemicals which react with the chewed food. Chemical reactions take time which cannot be shortened. Be aware of this fact.

I am also aware that having read the entire description of CE, some readers think something like this: “I am not crazy to spend a half an hour just to have one bite of food.”

Indeed, when you practice CE for the first time, it may take several minutes to even half an hour. However, while you persist in practicing, you will notice that you can do it more and more automatically and much quicker.

“Practice makes master.” The CE practice also makes CE masters. CE master can do the entire CE procedure within less than half a minute or shorter. If others look at you, they will not notice that you are performing CE. However, the chewing process cannot be shortened because physics and chemistry processes take time.

It is really worth to become a CE master. There are many benefits which I do not mention here. One of them is, you will discover that your general sensitivity develops much. Later, it will be enough for you to just look at food from a distance to know how it influences human body, whether it has poisons or beneficial substances.

Conscious Eating, even if it is not practiced exactly as described, is an efficient self-healing method. Believe me or not, many ill people who practiced CE, became healthy again. Some of those who were diagnosed with “incurable diseases”, got back to full health just within a few weeks.

BUILDING AND POWERING THE BODY

The human body is built and powered in five different ways. I am going to describe them shortly. Look at the following picture.

BUILDING and SUSTAINING YOUR BODY



DIGESTIVE TRACT – consumed food



BREATHING – inhaled air (O, N, CO₂, H)



SKIN AND EYES – Sun light



MOVEMENT – electricity and energy



MIND – visualization and the will of living

DIGESTIVE TRACT

This seems to be obvious; man inserts physical matter called food into their body, where it is processed physically and chemically. Some products of this processes are used to build the cells of the human body and to warm it, and the rest is removed.

By the way, do you know how many percent of what you consume is excreted? Hundred percent; yes, that is 100%. In other words, all of what you consumed is excreted by your body as feces, urine, gases, sweat, blood, water, sebum, dead cells etc. A grown adult consumes more than a dozen tons of things during their life, but their body weight remains about the same. Even when man becomes the world record fattest body, it is much, much lighter compared to how much they have eaten.

If the human body excretes 100% of what they eat, then why do we eat? In fact, it is not exactly 100%, what remains in the body is the energy of the consumed things, which warms and powers the body. The processes of consuming, digestion and excreting, in fact, are much more sophisticated. There is no need to go into details here. Just be aware of one thing, that the best food is found in nature and eaten without any processing.

The human body is fully compatible with nature. This implies that **nature provides man with food which is perfect**. Something which is perfect cannot be made better because the meaning of ‘perfect’ implies ‘the best’. This means that you cannot improve the food from nature by processing it or what is called ‘cooking’. Any processing will make the food less perfect, which means worse for the body.

When you eat something from nature, whether it is a mineral, plant or animal, make sure that it is alive because ‘alive’ implies the freshest and without processing. The utmost important for the human body is to consume food which is alive because the body absorbs life energy. All the eaten matter, after processing inside the body, will be excreted, but the life energy of the eaten plant or animal will be absorbed. Be aware, your body is design to function perfectly when it consumes living matter.

When man consumes dead matter, which is processed food, their body cannot absorb any life energy from it. On the contrary, the body has to

use its own life energy to process that eaten food. This is one of main reasons why man's body is under-powered. Under-powered body is prone to illness and ages quicker.

In some circumstances, eating can be dropped because it becomes redundant. There are people who do not eat or drink – in spite of that their body functions perfectly – they are called inediates. Inediates are in inedia. Inedia is a state of mind where body functions perfectly although it never asks for food or drink. Inedia and non-eating are another large topic. You can read about inedia and non-eating in my other book titled “Inedia, Non-Eating, Fasting”, edition 2, 2018. Free to download.

BREATHING

The lungs are the body devices designed for eating air. Air is used by human body to produce protein. The human or animal body uses oxygen, nitrogen, carbon dioxide and hydrogen present in the inhaled air to synthesizes proteins from which the body cells are built.

I guess that you did not know about this function of the body. Indeed, air is food for breatharians. You, like the other people and animals, are a breatharian because you must breathe air to build the body.

The most beneficial place for man to live is a forest, the worst is a city without the greens. During the day, when man works, they need energy. To provide this energy, the body burns its own carbon. To burn carbon efficiently, oxygen is needed. So, during the day you need to be in a place full of oxygen, then you have enough energy to do your work. The forest produces a lot of oxygen during the day, especially a sunny day.

During the night, when the body is resting, it regenerates itself. The main regenerative function is to build cells. The cells are built from protein

which is synthesized from air. For better building efficiency, air used for building proteins must contain more carbon dioxide. At night, in the forest, the plants produce more carbon dioxide. This is why the forest is ideal place for sleeping at night.

SKIN AND EYES

Obviously, your eyes are light sensitive devices, but did you know that also your skin is? The sunlight is solar food and the device which eats that is the skin. The skin synthesizes chemicals without which the body cannot function. The sunlight provides so-called 'food of high frequency vibration' and your skin is built to properly utilize it.

Be aware that sunlight is of utmost importance to human life. Without the sunlight, the human body cannot survive long. The main reason is emaciation which means not enough nutrients. The skin is a sophisticated factory which provides the body with necessary nutrients which are not provided by the digestive tract.

For this reason it is important for your entire body skin to be exposed to sunlight every day for sufficient period of time. If you do not expose your skin to sunshine sufficiently, you should not wonder that your immune system is not efficient enough. Besides that, lack of sunlight is one of main reasons of skin illness.

sunscreen

By the way, do not make the silly mistake of using so-called sunscreen on your skin. Most of these lotions and creams are loaded with poisons. Whatever liquid or gas gets in contact with your skin, it enters in your blood within a few seconds. Why would you choose to introduce chemical poisoning into your blood to circulate in your entire body?

I would suggest that you better do not believe in advertising which promotes skin protection against cancer by using sunscreens. In fact, it is exactly the opposite. Chemicals contained in many sunscreens promote skin cancer. It is the sun light, especially the ultraviolet emanation, which destroys skin cancer cells and also cures the skin from many diseases.

Of course, like in case of any food, do not allow your body to absorb too much sun light. Do not expose your skin to sun light for too long. If you do, you may burn your skin, which may be dangerous for your health.

To daily expose your skin to sun light is a very healthy practice, but do this by systematically increasing the expose time. If your skin is light, start from only 10 minutes in the first day. In the next day, expose your entire body to the sun light for 13 minutes. The following day let it be 15 minutes. Then, in every next day add 3 to 5 minutes more.

You can do it slower or slightly quicker but be very cautious. It is better to increase the expose time slower instead of risking even slight skin burns. One hour of daily sun exposure for the entire skin should be enough to keep your skin and immune system in health.

sunglasses

Here is my warning in one sentence: never use sunglasses unless it is so bright that you cannot see. Why not to use sunglasses? Well, your body is perfect, it is design to live in nature. If your body needed sunglasses, you would be born with them. Have you eve seen any baby being born with sunglasses? Have you ever seen any animal with sunglasses?

Your eyes need sun light almost as much as the fish needs water. Sun light is essential for proper functioning of your body. Your eyes are designed to absorb sun light. This is because sun light, through your eyes,

controls biological rhythms of your body.

When sun light falls on the retina, electrical signals are conducted from it, through nerves, into your brain. These electrical signals impact the pineal and pituitary glands in your brain. How important that is? Well, if you are interested in so-called anatomy of spiritually self-developing man, you probably know of the utmost importance of your pineal gland. To make a long story short, pineal gland is kind of a gate between the material and spiritual words. Without the pineal gland you would be just like an advanced artificial intelligence machine.

The pituitary gland – again, to make a long story short – is sometimes called “the master gland” because it influences many body functions. It can be said that this gland regulates the chemistry of your entire body.

When you put sunglasses on, you block the essential solar food for your body, which can be delivered through your eyes. If you do that regularly, you cannot expect your body to be entirely healthy. Your endocrine system will not function properly, what may result in so-called chronic disease.

It is advisable to use sunglasses in some circumstances, for example, when sun shines strongly and you are on a white sand beach or a snowy place. Also, when you are driving against the sun and cannot see the road clearly, obviously it would be wiser to use sunglasses.

MOVEMENT

Earlier, while describing “body tools”, I explained about physical and energizing exercises. These kinds of muscle movements power the body, which is essential to sustain its proper functioning. Obviously, when the movement of the body stops for too long, it ends its life.

MIND

Do you remember that your body is an image in your mind? This implies that your body is shaped according to images you keep focusing on. Have you noticed the statistical correlation which proves that joyful people live significantly longer than the pessimistic ones? All people older than 90, whom I met, were joyful. On the other hand, it is a statistical fact that angry people die earlier. Statistically, sorrows make people to experience more diseases.

Inner Joy and visualizations are two mind tools that you can use to shape your body for healthy and longer life. For your visualization, create a realistic film in which you **see yourself as always joyful and healthy man**. Be aware how you talk about yourself to other people.

There is one primary factor by which you decide how long your body will live. It is your will of life. How much do you will to live? How much sense do you see in continuation of your life? To what degree are you excited to experience your life? Have you any purpose or goals in your life?

Some people say: “I do not care because I do not see any sense of living any longer.” or “All of this is just useless, senseless, so why would I want to continue living.” or “It is enough for me, I am already fed up with my life.”

These or similar images kept in mind, indicate the low will of life. Man who keeps this kind of thinking, shorten their life. Many people focused on this kind of images suffer diseases which bring them closer and earlier to death.

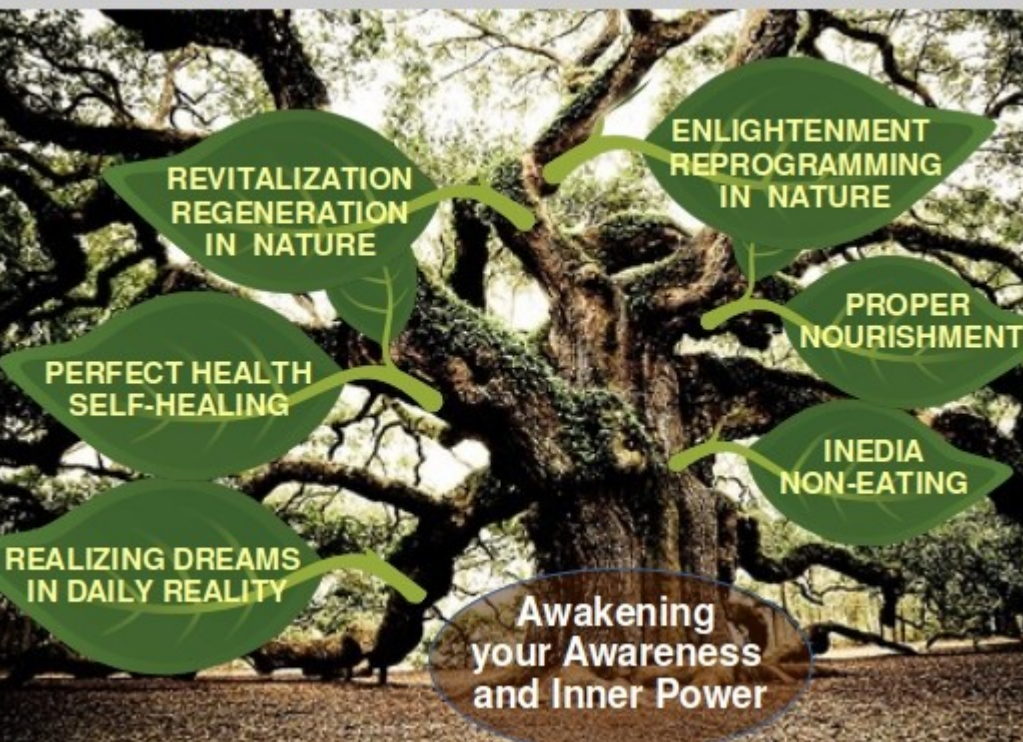
With strong will of life, you are excited to live. You really enjoy life even if it brings sorrows. You definitely would not think about dying even in the most challenging moments of life. You have plans and visions to realize. You believe that you have a mission, important goals to achieve, etc. If you do all of these, your will of life is strong and you have a high chance to live long.

STRUCTURE OF SEMINARS

This book is a small part of what I teach in my seminars, forums or on-line groups. I prefer personal contact where we can see and feel each other from small distance. In this way, I can share information with you more efficiently and you benefit more than by any other distance mean.

Have a look at the following picture which presents the structure of my teachings divided in seminars.

STRUCTURE OF SEMINARS BY JOACHIM M WERDIN



“Awakening your Awareness and Inner Power” is at the bottom of the tree, where the trunk grows from the roots. This seminar is the foundation of my teachings which means learning the most basic information. All the other seminar teachings are based on this foundation. In fact, the content of this book covers most of this basic seminar.

“Realizing dreams in daily reality” seminar includes explanation about how mind produces what senses perceive as physical reality. It has detailed technical explanation of visualization. There are practical examples, which we also exercises, of how to create different desired final goals. I also describe some examples of so-called miracles achieved by practicing visualization.

“Perfect health, self-healing” seminar includes basic understanding of factors creating man's health. It describes environmental factors and man's activities harmful to health. You can learn about mind and body tools supporting health and about efficient self-healing techniques.

“Revitalization, regeneration in nature” seminar occurs in especially chosen natural environment. It may be mountains with forest and river or a sea side. The teaching material includes information about performing fasting properly, practical usage of healing resources of nature and the means to communicate with nature's elements. The major part of this seminar is practice. The exercises help you to repair your psyche and body. Within the few days people feel their body revitalized.

“Enlightenment, reprogramming in nature” is an advanced seminar which I conduct in South America, for example Ecuador or Brazil. We use advanced natural techniques and ‘jungle + mountain’ plant medicine to efficiently remove psyche and body issues. After proper theoretical preparation, we perform South American shamanic healing techniques during day and night ceremonies. Most participants deeply experience their psychic world, which helps them to get rid of long lasting life

problems or even get enlightened.

“Proper nourishment” seminar teaches about five ways of building and powering man's body. It explains in detail nine principles of proper nourishment. You will learn about many reasons why people eat. The powerful and efficient Conscious Eating method is explained and practiced too.

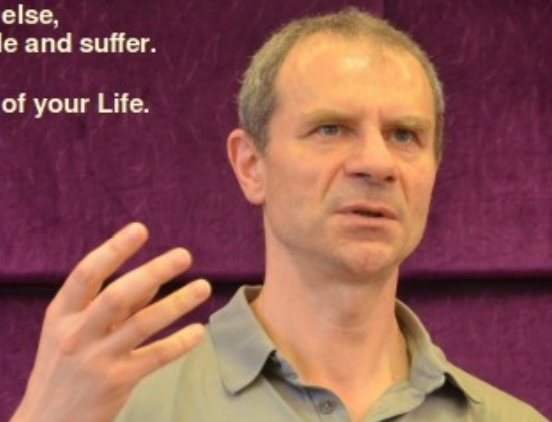
“Inedia, Non-Eating” seminar is designed for those who pursue living without food. It shall make you to understand the essential difference between fasting and non-eating or inedia. Discover when and how non-eating and inedia are possible. You can learn methods helpful in achieving non-eating or inedia.

TO CONTINUE

This book is like a starting point on the way of conscious self-development. You can continue your self-education. Practicing the exercises described in this book, will bring your further and higher in managing Life, the game you are playing.

Instead of choosing to continue, you can do no practice, be passive and enjoy whatever happens. You are playing Life even if you do nothing, as if you were in a boat on the flowing river, but never paddle.

**The truth is, you are already perfect here and now.
You do not have to, but you can, do any thing.
There is no need to believe this fact,
you can believe something else,
which makes you to struggle and suffer.
Whatever you choose,
you are the Master Creator of your Life.**



I continue the story of “Humankind Fundamental Teachings” in my other books. Part 2 of this story is titled: “HEALTH and SELF-CURE”. My books can be downloaded for free. Please, share them with others.

Master, enjoy Life, and keep in touch.



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Health and Self-Cure

Humankind Fundamental Teachings
part 2

Joachim M Werdin

Health and Self-Cure

Humankind Fundamental Teachings, part 2

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Written by Joachim M Werdin

To contact the author:

WeChat: joachimwerdin

Skype: joachimwerdin

Minds: JMW

email: jmw {at} rospers {dot} com

youtube: youtube.com/user/joachimwerdin

The copy right belongs to the author but, I state here now, once for ever, that I let you do with this book whatever you want to, and there is no need to ask me for any permission. The more you share, the more people benefit.

When teaching in my seminars, I explain much more compared to what is written in this book. If all would be written here, this book would be several times larger. I encourage you to participate in my seminars to learn deeper.

The price of this book – your donation.

Having read this book, feel how valuable it is for you. If you can translate this value to money, I would appreciate your donation to my WeChat, AliPay or Paypal www.paypal.me/joachimwerdin .

If you prefer to recompense me in other ways, please, let me know.

WORTH TO KNOW

First, I suggest that you **read part 1** of “Humankind Fundamental Teachings” (abbreviation: HFT1) with deep attention; it can be downloaded for free from Internet. Knowing information from HFT1 is essential for understanding the content of this book. From now on, I assume that you already have read that book. OK?

There are two kinds of information in this book, timeless and current. The timeless means that it was, is and will be valid as long as humans are on Earth. The current is related to circumstances occurring in months and years close to 2020; this information may not be valid in future.

I hope that, having read HFT1, you are well aware of the huge difference between information, belief and knowledge. If you are not, I suggest that you stop reading here and go back to HFT1; otherwise there is a high probability that you will misunderstand what I write in this book.

Be aware that large amount of information shared in this book is what I believe, not what I know. However, before I decide to share information in this book, I first research it deeply to find out the truth. Still, I suggest that you do not blindly believe anything which is written here. To build your knowledge, do you own research and experience it for yourself.

In order to avoid misunderstanding, here are two of my definitions:

health = the general condition of the body and/or psyche;

healthy = enjoying good health, free from any disease.

WARNING

I **never** have any intention to offend any man by expressing my **private** opinions publicly in this book. My opinions are **not** directed to any

particular man unless I call their name. What I write here, it is not personally about you or directed to you. By sharing information in this book, I would like people to hear what I feel, believe and perceive; so that they can benefit themselves and share this benefit with others.

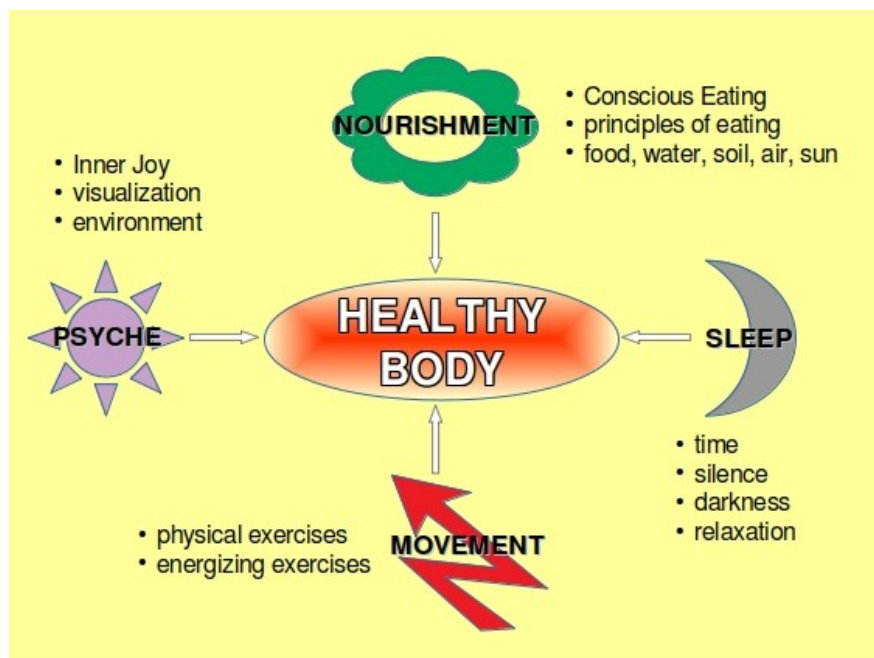
On the other hand, if you have strong beliefs, especially if you follow a system, a religion or so-called official mass-media, you may become unhappy or even angry when reading this book. The same can happen if you blindly believe in widely popularized scientific, especially medical, information. If you do, consider to leave now, do not read this book.

However, if you risk to continue, be prepared for some shocking information, some content that may make you feel hurt or offended. If you feel so, that will be all your own fault. You have been warned.



When you Love yourself sufficiently, you do not judge.
Truth sets you free, but only when you search enough to find it.

FOUR LEGS OF HEALTH



Think about four-legged table – is it stable? Normally, if a table has four legs, it is very stable. Now, imagine that one leg was cut off. Is this table stable? Well, probably not so good. Although it can still stand and, if you pay attention, you can still use it, but it is much less reliable than the four-legged table.

How about cutting another leg of that table? Is now this two-legged table stable? Well, if you insist and are very careful with this table, you can still use it but probably paying attention to the table stability will require more energy from you than making the table practically usable.

I guess that I do not need to ask you what happens to this table if we cut its third leg. Probably nobody would want to call it table anymore.

Health of man is like that table example, it is supported by four legs – you can see them on the picture “healthy body”. As you can conclude by now, it is important to keep all four legs strong because if only one of them dysfunction, health of man is not in perfect state anymore.

In other words, if you decide to keep yourself in perfect health, you need to nourish yourself properly, sleep well, move sufficiently and have properly working psyche. If any of these factors is lame, your body or psyche will not be able to perform perfectly, so health will not be perfect.

There are many factors which affect the functioning of human body and psyche. What I mean by “psyche” is ‘intellect+instinct’, so it is a structure in the mind. Please, make sure that you understand what is the mind and how its parts function; reread “HFT1” if necessary.

Let me describe the four legs of healthy body.

NOURISHMENT

Eating is probably one of the most discussed matters. People have their own beliefs about food and eating, so they follow specific nourishing recommendations and diets.

How to nourish the body properly? What, when and how much to eat? I have answered these questions in “HFT1”; please reread “Conscious Eating” chapter if you are not practicing it. If you practice Conscious Eating, you can skip the nine principles below, you naturally do that to benefit your body.

PRINCIPLES OF NOURISHMENT

Most people do not practice Conscious Eating, for whatever reason it may be, however they care about nourishing their body and are eager to follow some simple principles. The following nine principles of proper nourishing are worth applying.

1. Food directly from nature.
2. Only when hungry or thirsty.
3. Without seasoning and flavoring.
4. Sufficient chewing.
5. Without drinking.
6. Not after 4 PM.
7. Focused and in silence.
8. Proper combination of food.
9. Drinking and storing water.

I would like to emphasize one thing, protect your child against so-called “bad eating habits”, which means anything against the principles listed below. If you let your child to fall into harmful eating habits, it may be very difficult for them to recover. Obviously, the body of man following harmful eating habits will never be healthy.

FOOD DIRECTLY FROM NATURE

Man is a part of nature, so their body is fully compatible with nature. This implies that nature has the right food for man's body. Same, as it is in case of plants and animals, nature provides man with perfect food which is ready to be consumed without any processing.

Man is nature's baby, this is why people say "Mother Nature". Same as the human mother provides her baby with her own milk, which is perfect for baby's body, Mother Nature gives man perfect things to consume. Same as processing mother's milk would spoil it, any processing of nature's food makes it less beneficial for man.

In other words, nature provides man with perfect food, it cannot be improved. Any processing will make it less perfect, which means less compatible with human body. The more processed is nature's food, the more harmful it becomes for man.

The conclusion is, if you want your body to consume the best, the most compatible food, eat directly from nature. Whether it is a mineral, plant or animal, make sure it is not processed, in other words, it must be alive.

Be aware that natural food normally cannot be bought in cities, especially the big ones. When you go to a supermarket to buy food, whether it is alive or dead, it is an industrial product. Even if labeled "natural", "ecological" or "organic", it was produced by the food industry; it is not taken alive from nature. Fewer and fewer shops on Earth sell food brought directly from nature.

As you may remember from HFT1, everything what man eats and drinks is later eliminated from their body, except life energy of the consumed matter, which is absorbed. For this reason Mother Nature provides only

food which is alive, so do not kill it before consuming, just eat it alive. Look, there is no kitchen in nature. No animal would think about spoiling their food before eating. Why man does?

ONLY WHEN HUNGRY OR THIRSTY

This should be obvious that man inserts food into their body when the body asks for it. This is the reason why man feels hungry when their body needs something. However, when the body is satiated, man feels full. These two universal feelings are of utmost importance because they tell man when to eat and when to finish.

If your body functions properly and if you follow these feelings, then you give the body food only when it needs to eat. If your body does not function properly or if you ignore its messages, you may be starving it by not eating or weakening it by consuming too much. When man eats more than their body needs, they poison it and lower its life energy. Later, any excess matter has to be removed from their body. Obviously, overeating promotes illness.

If you practice Conscious Eating, you definitely can feel what I just wrote. If you do not nourish your body by Conscious Eating, I suggest that you pay much attention to and follow those two feelings. Consume only when your body clearly is hungry and immediately finish when you start to feel satiated.

WITHOUT SEASONING AND FLAVORING

Why? – people often ask me – why not to make food more tasteful? The answer is very simple. You do not want to overeat and poison your body.

If you decided to take the best care of your body in the field of eating, you consume only what the body really needs, therefore you do not eat in

excess. To follow your body feelings, you pay attention whether your body is hungry or satiated.

When your body is hungry for some specific food, you will eat it with pleasure and you will like its taste. Obviously, if your body does not like to eat something, it will not ask for it and you will not like its taste.

Now, if you add flavorings to your food, the body's taste sense is disturbed, then you may feel 'better' taste. This is how you just cheated your body and thus forced it to eat in excess.

For the purpose of seasoning food, chemicals or herbs are added. They make food last longer or taste better but it also means that dead food matter is kept even longer, so that it can be eaten latter. The human body needs food which is alive. This is not related to preserving food by fermentation – it is a different topic.

I suggest that you do not change the taste of your food. If your body is not hungry, there is no need to cheat it to consume “tasty” food. Wait sufficiently, let your body become hungry; then you will find out that previously not tasty food now is yummy. Yes, when your body needs some specific substances, food which contains them will be tasty without adding any flavorings.

SUFFICIENT CHEWING

I suggest, even if you do not practice Conscious Eating, read it again, especially the part about chewing; to know why it is so important. Just keep in mind for ever: **sufficiently chewed food = proper digestion**. In order for the digestive process to occur properly, it is of utmost importance that you chew food in your mouth until it becomes liquid. When it becomes liquid, continue chewing until it changes its taste. When you detect the change of the taste, you can decide whether to spit it out or

swallow.

Chewing is the first stage of the entire sophisticated process of digestion. If you swallow food which is not sufficiently chewed, then it cannot be properly processed by your digestive track; it will be partially putrefied.

WITHOUT DRINKING

Why not to drink while you are eating solid food? – people ask me. They say something like these sentences. “I cannot eat bread if I do not have water or tea.” “How can you eat dry food without helping it to push farther with water?” “It takes too long to chew if you do not help it with drinking.” Do these sentences sound familiar to you?

This principle is very simple. While you are eating, do not drink. There are two important reasons for that. First, you have to chew food well, but if you mix it with a drink, the chewing process is disturbed. Second, liquids will dilute the digestive juices in your stomach, which also disturbs the digestive process.

“How about a soup? – people ask. Well, as you may suppose, it is not the perfect food for man although it can be very tasty. Anyway, when you consume soup, follow the same principles, where the most important would be to chew food sufficiently long before you swallow.

NOT AFTER 4 PM

I have chosen 4 PM because statistically it is about six hours before so-called ‘night time’ begins and people go to sleep. Actually, it would be more accurate if the principle was titled “with empty stomach” because it is the essence of this principle.

Indeed, if you care about your body, let it sleep with empty stomach. To go to bed with empty stomach, you have to stop eating much earlier. I assumed that an average stomach needs about 6 hours to finish digesting last meal before man goes to bed at night. Hence 10PM is assumed as night time, when people go to sleep, the end of the last meal time would be counted at 4 PM.

Of course, the digestion of your stomach depends on what and how much you eat. For example, if your stomach functions well, you have eaten so-called light, easily digestible food, it may be empty after four hours. In this case you would be able to end your last meal at 6 PM, providing that you go to bed at 10 PM.

However, if you go to sleep later than 11 PM, you should not follow this rule of eating the last meal 6 hours before. This is because the digestive process significantly slows down at night time. If you eat at 7 PM or later, probably that food will not be digested until the next morning.

You need to consider your body and your last food before going to sleep. Is your last meal big and heavy? Then finish it even earlier, maybe 3 or 2 PM? Depends how your stomach will perform.

Whatever it is, observe your stomach every night before going to sleep. Is it empty and you feel little hungry? Great! This way it is much healthier. Or, is it full because you overeat or eat too late – well, your body is going to suffer because the sleep will be affected. You might feel sleepy in the morning, so you will want to sleep longer.

FOCUSED AND IN SILENCE

Many people find pleasure in meetings accompanied by eating. It is unimaginable for them to keep focused on themselves and eating silently while in meeting with friends. Even worse, such behavior may be

considered unsocial.

The digestive process is quite sophisticated and it is impacted by your emotional state. Especially the first digestive stage is important, the stage happening in your mouth, which mainly is chewing. Talking during chewing, make it almost impossible to chew properly. This is why silence is more beneficial choice for your health.

Another reason, why it is more beneficial to be focused on eating, is your life energy. While you are eating, your life energy should be directed to support the digestive process. Some discussions at the eating table may become emotional. Especially so-called negative emotions harmfully impact your body. Emotions burn man, in other words, emotions waste more life energy. Wasting energy to emotions, decrease the amount of it directed to the digestive process. Besides that, you may unnecessarily tense your muscles which will disturb the digestive tract, sometimes this can be felt physically.

PROPER COMBINATION OF FOOD

This is a large topic very suitable for research by nutritional science. The essence of proper food combination relates to efficient digesting of individual chemical components in the digestive tract, mainly fats, proteins and sugars (carbohydrates).

The digestive process involves so-called digestive enzymes which are chemicals excreted into the digestive tract. There are different digestive enzymes required for proper chemical processing of fats, proteins and sugars. Enzymes properly processing fats cannot process proteins or sugars, and vice-versa.

Imagine that you eat eggs with bread and butter which is a chemical mixture of protein+sugar+fat. Your body will have to use, at the same

time, enzymes for processing fats, proteins and sugars. The problem is that when these three types of enzymes are mixed together, they interact chemically. This enzyme inter-reactions will disturb proper digestions of the eaten protein, fat and sugar. Due to the disturbances, none of the eaten substances will be properly digested. There will be partial digestion and partial putrefying of the eaten food.

This is not only about enzymes. Different foods require different time for digestion. Some food will pass through your digestive track in an hour, some other will need two days. If you happen to mix these two types of food, your intestine will have putrefying matter for almost two days.

Who wants to have a putrefying food inside their body? Do you know how to recognize purification in your intestines? When you go to toilet and cannot stand the awful smell, it is a clear sign of purification.

Natural foods contain mixture of fats, proteins and sugars but the interesting thing is that it also contains natural digestive enzymes to process these components in the digestive track. Really, nature provides us perfect food.

For example, if you eat leafs, they may contain all of the tree components, but they will be digested properly. Of course, you must sufficiently chew them and not mix with other food. However, if you cook the leafs before eating, the enzymes are destroyed, then the proper digestion will not occur.

Practically, if you care about digestion, do not mix different types of food. Eat fat with fats if you need to mix foods, or proteins with other proteins, etc. It would be better, of course, if you eat only one type of food at a time, then wait until it leaves your stomach, then eat next food. For example, eat only rice for breakfast. Latter, when you feel hungry, eat only a fruit. In the next meal, eat only a vegetable. Then, when you feel hungry again, eat only an egg.

Here some examples of often made mistakes in combining foods.

Food containing much protein (e.g. meat, egg, soy, bean) eaten in the same meal with food containing much sugars (e.g. potatoes, bread, rice, pasta).

Fruits mixed with dairy (e.g. yogurt with fruits).

Salads or juices made with a combination of fruits and vegetables (e.g. apple with carrot or a smoothie made with banana and lettuce).

Food containing much sugars (e.g. rice, potatoes, bread) combined with fat (butter, lard, oil).

DRINKING AND STORING WATER

Nature provides the best drinkable water. Find a place where water naturally spouts from a rock or sand. Many such places provide the best water for drinking and bathing. Make sure that the rock or sand, where the water is spouting from, do not contain poisonous minerals.

Such spouting water is also called ‘living water’ because it is saturated with energy. You should drink it directly from nature as the plants and animals do. If the water source is too far, you may want to collect and store it before drinking.

What kind of container to use for storing water? Nature gives the answer; use containers made from natural stone. Look, big stone water containers are built by nature, especially in mountains. Natural stone container would be a good solution for water stored in your home but probably they would be too heavy and inconvenient when you are moving.

Next best water container would be made from glass. Among many possible solutions, glass seems to be the right choice in most cases. Glass

is close to nature because it is made mainly from sand. Avoid so-called crystal glass, it may contain poisonous lead oxide.

Pure silver, at least .995, has been known as the perfect material for water container because of its big advantage – antibacterial properties. Use silver cup to drink water if you are not sure whether it is sufficiently clean of bacteria. Silver is more efficient in killing bacteria than many antibiotics.

You can consider ceramic containers but be careful because some ceramics are made with poisonous additives. If you plan to use ceramics, make sure that it is food certified.

The last practical choice for storing water would be food grade stainless steel. Make sure that it is “food grade” because some stainless steels contain poisonous chromium components. The steel container must be certified for storing water.

For short time or for specific purposes, wooden containers may be used; of course, not every wood is suitable. Wood is used rather for storing wine or some herbal liquids, it is not a typical material for water containers unless you live in a jungle, then use bamboo.

That would be all; practically no other material is suitable for storing water. I insist that you do not use any type of plastics, gum, silicon or teflon for storing water if you care about good health. Even if you find so-called “food grade” plastics, do not believe it, there is no plastic which is not harmful for the human body.

Water is the world most universal solvent, it means that it dissolves many substances, including plastic. Although the amount of plastic which water dissolves is very small, but still, plastic is a poison, so when you drink plastic water, you are poisoning your body.

To make a long story short, water or food which are in contact with plastic, should be considered contaminated.

FILTERING WATER



Three stages (ceramic, activated carbon, ceramic+silver) tap water filter.

If you live in a big city or an industrial place, your tap water is probably dead and so poisonous that it is not suitable for drinking or bathing. Using water bought in plastic containers is not a healthy solution either. Filtering water with properly constructed filter is relatively simple and efficient solution.

First of all, make sure that your filter does not have plastic parts which will be in contact with water because you do not want to drink plastic water. The only exception is the tube connecting the water tap with the filter, it can be made from flexible plastic or rubber because all the water passing through it will be filtered. Also the enclosure of the filter device can be plastic because water does not touch it.

Water from the tap, in order to be purified, will pass through the filter – this is the most important part of the entire device. As far as I have seen, vast majority of water filters are not suitable for producing drinkable water, so select carefully before you buy. You may ask for ceramic and carbon filters enclosed in food grade stainless steel, like in this photo. Some filters contain silver which may be important for treating water containing bacteria.

Before buying a water filter, ask for data sheet showing its filtering efficiency. Look at how much of “poisons in water” (described above) it can filter out. It must be not less than 99.9%.

PROGRAMMING WATER



This is a large topic, separate book can be written about energizing, structuring and programming water. Search for “Masaru Emoto” or “water structure” on Internet, to learn more about water programming research conducted by scientists.

Water molecules can be organized in numerous different structures which are normally not visible even under normal microscope. Every structure impacts your body in different way. Some structures make water to be

very well absorbed by your body cells, some other structures will make your body sick. If water molecules are not organized in any structure, it is called “dead water”. Usually tap water is dead and every water warmed in microwave oven is dead for sure.

Water can be programmed into structures beneficial for man's health. This knowledge is used also in healing people, animals, plants and soil. Programming water is a matter of a separate science branch. For practical home usage, you can program water with sunlight, sounds, written words and drawings.

Here is a simple and efficient technique of programming water structure supporting biological life. Write Love, Joy, Health on a glass container. Pour your filtered drinking water in this container. Place it in sunshine for at least half an hour; the longer, the better. This water structure will promote Love, joy and health in your life.

If you do not use glass, make sure that these written words can be seen by water; for example, you could engraver them on the inner part of the water container.



*Love, joy, health, wisdom, gratitude
engraved on the bottom of a silver cup.*

This programming technique works because water can hold memory. Water can remember features of the environment where it was present. When you have sufficient knowledge about water memory and how to program it with words, shapes, light, colors and sounds, you can use water for variety of purposes, for example: healing, cosmetics, farming, gardening, lake purification, and environmental regeneration.

WHAT TO EAT?

What to eat is one of the most often discussed matters and causes of quarrels which never end. This is because there is no diet suitable for everybody. Every man is different, therefore they need to eat different

things in different amounts and at different times. You know this if you practice Conscious Eating – in this case, you can skip this paragraph.

Besides these factors, there are some simple guidelines about so-called nutritious and energetic value of food. Let me show you a very simplified list of what I call energetic aura of things consumed by people.

When you look at things, you may be able to see their aura. Aura is a visible effect of mainly electric emanation from an object which can be a living being or device. When you look at something very alive, you may notice bright aura similar to emanation of the Sun. When you look at something dead, you can notice weak emanations of dark colors.

The more life energy a thing has, the more energetic its aura is. The following table presents what I feel when looking at some edible objects, starting from the most energetic ones on the top of the list.

ENERGETIC AURA OF THINGS CONSUMED BY PEOPLE

- water spouting from rocks in a mountain
- healthy living plants
- ripe flowers and fruits
- ripe nuts and seeds
- naturally grown vegetables
- raw eggs of free birds
- young fish and birds
- young animals
- boiled or steamed plants, vegetables, fruits and beans
- naturally fermented plants, vegetables or fruits
- natural honey
- milk sucked directly from an animal
- boiled or steamed grains and their flours

- smoked meat and fish
- fried, baked or grilled egg, fish and meat
- fried or baked grains or their flours
- all food cooked in microwave oven

This list is not a dietary recommendation, however you may conclude that the lower an edible object is positioned in this table, the less life energy will it provide to your body, when it is consumed.

You might want to learn to feel or even see the aura of objects, especially food. Once you can see, it will be much easier for you to distinguish between beneficial and harmful foods.

HARMFUL FOOD

This is another large topic of never ending discussions because even nutritional science organizations, which are too often influenced by corrupted people running the food industry, provides different answers which will changed in time. However, there are some guidelines that you can follow.

Hence your body is a part of nature, it requires natural food which means that you take it directly in nature. Unfortunately, this kind of food is almost impossible to buy in cities. If you buy your food in supermarkets, it is all industrial products. Industrial products, even if they are labeled “organic”, “ecological”, “natural”, etc. are something which was produced in farms or factories. These foods are not found in nature, therefore they are not fully compatible with the human body.

Unfortunately, industrial food is more or less harmful for the human body, it becomes even worse when you process it, for example, boil, fry or mix with other food products.

These days, you can assume that most foods sold in supermarkets are harmful; really, there is very little percentage of relatively beneficial food products.

Let me advise you what to avoid. If you are not addicted too much and you can control your taste, I suggest that you give up buying the following industrial food products.

GRAIN

The most often sold grains: wheat, corn, rice, rye, barley and oat do not exist in nature. All of them are GMOs made from grass. They are high in carbohydrates which is one of main factors that makes people addicted to grain, and thus gain weight. People who eat too much grain derived products, suffer variety of digestive and skin health issues. Human body is not design to digest grain and GMO proteins found in it.

This information may shock you, but wheat, which become number one most often eaten food, is also one of the most harmful industrial consumed products. I would say that among all food caused diseases, those caused by consumption of wheat occupy the highest position. This is why I give you a friendly advice, if you really must eat grain products, by all means avoid those who are made from or contain wheat.

It becomes even worse when you cook, especially when you fry or bake grain, for example, you make bread, dumplings, cakes, pasta, pizza, etc. At high temperature, flours change its structure to become more like a glue which cannot process properly by the human body.

You can feel the result of eating grain products when you go to toilet, what comes out of your body is mainly putrefied processed flour. Besides that, your skin may look and smell bad, especially when you sweat a lot. You may like to research about poisonous substances found in baked

flour food products, and how grain harms the intestinal functions.

SOYBEAN

Soybean is also one of the most often used foods in industry, this is the reason why it is so deeply modified genetically. The present soybean is not what world was eating several decades ago, it is a very different thing now, really not suitable for the human digestive track and quite harmful. Research about GMO of soybean and how it influences the human body, especially the endocrine system. Fermented soy sauce may be still used for taste if you cannot live without it.

MILK

What usually is labeled “milk” in supermarkets is an industrial product produced from the real milk of cow, goat or sheep. This industrial food and its derivatives cause a lot of harm to health of man, especially children. There is a number of diseases caused by so-called milk. I friendly advice you to avoid all dairy if you do not want your body to suffer.

Think logically; if you really want to drink milk from mother of other species, for example a cow, then you should go to her and suck her teats directly. That would be the proper way of consuming what is not designed for man. Be aware that her milk is designed for her baby, which has to grow hooves and horn. Mother’s milk is designed by nature for her baby to grow entire body. Are man’s body same as cow’s body?

By the way, if you want your baby to have well developed human brain, let them to drink milk from their mother. If your baby drinks milk from mother cow, do not wonder that their brain will be infected by cow programming. Also the bones and teeth of your baby will be harmed, they may be deficient in calcium and not last long in good condition.

If you really cannot survive without animal milk, then choose the closest one in structure to human milk; you would have to look for pigs or rats. Indeed, milk from mother pig or rat are the least harmful for humans.

I have not mention that – please, you do your own research – how much hormones, antibiotics, pesticides and other industrial poisons are found in what is labeled and sold as “milk”.

DAIRY

I assume, you draw logical conclusion that if milk is not the best thing to consume, then all food made from milk is also not beneficial to health. Basically this is a fact, however people believe that some dairy, for example yogurt, cheese, buttermilk and butter, are beneficial because ... whatever.

No, they are still harmful to human body. Of course, milk and dairy can be sometimes used as medicine – that is another story. I will talk about self-cure latter in this book.

SOIL

Food which man consumes originates from soil. I consider soil also the bottom of natural waters. If there was no soil, there would be no food. The quality of soil defines the quality of what you eat, whether it is a plant or animal food. Obviously, food originated from regions where the soil is poisoned, produces poisoned plant and animal food.

Taking proper care of soil and making it healthy to efficiently produce so-called healthy food, is another large topic. If you eat food originated from your soil, I suggest that you learn natural ways of supporting life on that land, to make sure that the soil is always healthy. Learn from nature.

I advise you, at all cost, avoid GMO and most chemicals on the soil because they destroy life and make food poisonous. Remember, what is against nature, is also against health. Latter in this book, I will write more in relation to this topic.

AIR

Air is food eaten by your lungs. Some gasses found in air are used to produce your body's protein. I explained it in HFT1 – feel free to reread.

Some people doubt that the human body produces its protein from air. In fact, there are devices which produce protein from air although these devices are far less developed than the human body. You can find more info about the devices producing protein from air – search for “Solar Foods”, “Ai Protein”, “protein from air” on the Internet.

SUN

I explained in HFT1 that the skin is the device to absorb the sunlight and produce food for the human body. This is the main reason why man needs to expose their entire body skin to the sun emanation regularly.

Man can eat the best food and drink the most beneficial water on Earth, but if they do not expose their skin to the sunlight, their body will not be in perfect health. I suggest that you take a bath in the Sun shine for at least a quarter of an hour every day.

SLEEP

Man needs to sleep to be healthy. Sleep plays an essential role in circadian processes occurring in human psyche and body. Disrupting the

sleep of man develops body and psyche diseases and accelerates the aging process.

Most people living in cities do not provide themselves proper sleeping conditions, this affects them in a harmful way. Making simple changes to sleeping conditions may significantly better your sleep quality. There are four major factors influencing sleep: time, silence, darkness and relaxation.

TIME

Most people know by their own experience that too short or too long sleeping times develop psychic and body illness. However, not everybody is aware when is the most beneficial time for man to go for night rest and wake up in the morning.

According to the circadian rhythms of nature, which controls biological rhythms of man, the most beneficial time to go for night rest is about one to two hours after the sunset. People following nature do not use artificial lighting at night. They may light a fire in the evening, sit around it to relax and discuss family matters for up to two hours and then they go to sleep.

When people live in the city, they usually do not observe the circadian rhythms. Many people use artificial light to stay active until late, then they go to bed. Going to bed too late is not compatible with the circadian rhythms of nature, so this disturbs body biological functions.

There is a large number of processes occurring in the human body, some of them during the day, other during night. Night time processes require man to sleep, otherwise these processes are disturbed.

For example, major cell regeneration and entire body cleansing occur approximately ± 3 hours around midnight. If you do not sleep deeply during that time frame, your body's natural biological processes cannot be carried properly. They are disturbed which weakens your immune system and accelerates the aging process.

Going to sleep earlier is especially important for health of children until their bodies become mature adults. The younger are the children, the earlier they should go to sleep. Be aware that the immune system, the nerve system and senses of children who go to sleep late, will be badly affected, therefore their health and mind powers will not fully develop. When they are adults, they may blame their parents but it will be too late, the almost unrecoverable damage has been done.

When to get up after a healthy night sleep? I emphasize it again, follow nature. When you sleep in a forest, which is the most advantageous place for sleeping, you would wake up with increasing loudness produced by waking up birds. That would occur around one hour before the sunrise which is well in accordance with your body biological rhythms.

People living in nature naturally adjust their night sleeping. Depending on the season and latitude, they would sleep between six and nine hours; in winter longer but in summer shorter. Of course, people also regulate their sleeping time according to their daily activities.

I suggest that you go to nature, a forest-mountain-sea area, and sleep there. Do not take any light with you. If you need it, make a fire in the evening. Do not take any electronic devices with you because they really disturb human nerve system, especially those with screens or music.

Sleep in nature for at least one week, so that you can feel the difference in relation to the city. Even if you sleep in a forest only one night, it would be much more beneficial than nothing. My friendly advise – sleep in

nature as often as possible, follow nature's rhythms and experience the huge difference compared to sleeping in a city.

SILENCE

There is only one music which supports biological life, it is the music of nature, the one produced by living beings. Have you ever heard it? Most city people, even when they are in the untouched nature, do not hear this music. Those who adjust their hearing abilities, can hear a big difference between the day and night musics played by nature.

Unfortunately, this music of nature is not present in cities. Cities are full of noises which disturb biological life. This is why, when you go to sleep in a city, make sure that you sleep in silence. Do not play any music even if you have recorded the night music of nature, because if you play it back, it is not the same thing and it harms.

The noise of the city, especially the sounds coming from the busy streets, do not allow your body to rest properly. Even when you feel that you sleep well at night, your nerve system suffers due to the noise. This may cause of so-called "mental instability", which especially affects children.

If babies sleep in a noisy environment, you cannot expect that their nerve system will develop well. They may suffer all their life. Every sound influences the programming of the instinct. Instinct of the baby is especially susceptible, therefore noise present during the sleep will affect their hearing capability and also their mind powers.

What to do when your bedroom is in noisy environment? First, switch off all devices producing sound in your bedroom or move them out of the room. Second, install good sound insulation, especially for the windows. To invest in protecting your body against the city noise, rewards you in better health.

DARKNESS

Have you ever been in a far place in nature where no city light is visible? If you have, you probably remember how surprised you were when you looked at the sky at night. You could see many more stars because no artificial light disturbed the natural darkness of the night. If you slept in that place, you probably felt the magically beneficial influence on yourself.

How wonderful it was to wake up at the dawn and soon latter to experience the sunrise. You felt revitalized and energized from early morning. Indeed, a sleep in naturally black night nature is magic and very beneficial for mental and physical health.

Now, imagine what would be the effect if you lighted several lamps around your place. Most of your beautiful night and dawn experience would not happen, all due to the harmful effect of the artificial light.

Artificial light at night harms circadian rhythms of man. Your eyes and skin are light sensitive devices which means that light impacts their function. Light impacts the function of the pineal and pituitary glands, thus it influences the chemistry of the human body.

The body chemistry differs much between the day and night. There are chemical reactions which occur during the day but they must not occur at night. A good example is melatonin, a hormone secreted by the pineal gland in response to darkness, which regulates the sleep-wake cycle. Melatonin has been linked to the regulation of circadian rhythms. So, if you try to sleep in place which is not dark, the secretion of this hormone will be affected, this eventually will develop psyche and body problems.

Research was made to discover how the quality of sleep and health depends on the level of darkness in your sleeping room. The results proved that full darkness was the most beneficial. Even little amount of light during the sleep negatively affected health.

Some parents are not aware how seriously they harm the nerve and especially the psyche development of their children, when they switch a lamp on in children's sleeping room at night. Even if your child is afraid of sleeping in complete darkness, make sure that there is no lamp turned on at night in their room. Make sure that the windows are fully covered with material fully blocking light from outside.

RELAXATION

As strange as it might seem to you, but it is a fact which I have observed, that many people sleep with some of their body muscles unnecessarily tensed. Bodies of some people are so tensed that they never are fully regenerated in the morning; on the contrary, they suffer insomnia and wake up tired in the morning.

Check it on yourself. When you are in your bed, look with your inner attention to all your body muscles. Go quickly from the top of your head, consequently muscle by muscle, down, to find out which muscles are still tensed. Are your eye globe muscles fully relaxed? How about the jaws?

I suggest that when you lie down on your bed, first make the “full body relaxation exercise” described in HFT1. Then, when all the muscles are fully relaxed, fully detach your attention from your thoughts.

Your goal is to induce the state of ‘full body and psyche relaxation’ before sleep. Probably, you will fall asleep while doing this exercise – very well, sleep deeply, it will let your body rest well. Peaceful night.

MOVEMENT

Life is created by movement. No movement = no Life.

You can learn about this general principle while observing nature.

Tell me, please, what is the difference that you feel between sitting in a fast running mountain stream and a small lake water? What is the difference between a windstorm and no wind weather? Which ones are more alive?

How about people? Is the quickly and energetically moving child more alive than the slowly moving old man?

How do you feel when you stay too long time in bed or sit for hours at your desk? Compare it to what you feel after a few minutes of warming gymnastic. Can you feel the huge difference? This is how you let yourself know about Life being created and supported by movement.

PHYSICAL EXERCISES

Who suffers more diseases, people who exercise their body regularly or those not moving most of time? Whose body lives longer, of man who regularly practices physical exercises or of man sitting most of their life?

Have you visited areas where the average life span is much longer compared to the average on Earth? If you have, you know that people with the longest life span are those who move their muscles regularly. Even when their age is over a hundred, they still are physically active in their daily life.

On the contrary, look at societies with many overweight people. Why there are so many fat people there? The main reason is that they move too

little. Most of them will have so-called sitting work. Then, after returning home, they eat and sit for hour on their sofa, watching TV or a computer. This is the main reason why their bodies are degenerating quickly and suffering so many illnesses. Only when those sitting people start to be physically more active, they can get rid of their diseases.

I suggest that you reread the chapter about physical exercises in HFT1. Besides that, I emphasize once again, be aware that the immune system of man who has insufficient physical movement will never work at full efficiency. This is why I would insist that you exercise regularly, unless your daily life includes sufficient physical activity.

On the other hand, I suggest that you do not force your body to exercise too much. Too much physical movement will exhaust body life energy earlier, so your life span will be shortened. Forcing the body to exercise too much may also harm it because some joints and organs may wear out earlier. As I explained it HFT1, being moderate in whatever you do, extends your life span.

ENERGIZING EXERCISES

This kind of body exercises are design to increase the amount of life energy running the human body. There are two characteristic features of properly designed and performed energizing exercises. One is that you are not make muscles tired; two is that you pay attention to the movement of energy in your body. HFT1 has a chapter about energizing exercises, if you need to review this material.

Whether you choose a school to practice energizing exercises or you elaborate your own system, what really matters is that you practice regularly. Physical exercises strenghten your muscles, energizing exercises strengthen your energetic structure. Hence the human body is an electric machine, its energetic structure is the foundation of its proper

functioning.

PSYCHE

Your body is an image in your mind – I suppose that you remember this fact which I explained in HFT1. Logically thinking, if you want to change something in your body, change the image of it in your mind. So, if you want to keep your body in perfect health, keep such an image in your mind.

Observe people suffering chronic diseases and listen to how they talk about themselves. Do you hear from them very optimistic statements related to their health? If you did, that would be an exception or they were joking.

You see, by continuously holding so-called negative images about their own health, and even stating them vocally, they have contributed to the present state of their body.

Obviously, when you observe so-called ‘optimistic’ people, you will see that statistically they are healthier and they express that in form of optimistic words and actions.

Your world is running in your mind. Your body is in this world. Your imagination controls energy, therefore it controls your body life.

INNER JOY

Inner Joy is the most powerful exercise that I know for creating perfect health and beneficial life circumstances. Obviously, if you do not practice it, you cannot expect its astonishing results called sometimes ‘miracles’. To understand what ‘miracles’ mean here, you need to get that far in practicing Inner Joy. This exercise is described in detail in HFT1.

I want to emphasize that **only** when you regularly practice the passive and dynamic Inner Joy, you will be able to experience their astonishing effects on your body, psyche and life. Use Inner Joy, it is so simple but may give so much health and self-cure benefits.

VISUALIZATION

When you properly practice visualization, you change your reality in accordance with your decisions. If you visualize perfect health, your reality will be changing in that direction. How much you get with visualization and what you can practically change in your reality, it depends on how efficiently you visualize. You can read a practical, detailed description of this technique in HFT1. Practice it to keep yourself in perfect health.

ENVIRONMENT

Everything around you influences you, in other words, environment programs your instinct and the way you choose to experience Life. The term ‘environment’ includes physical locations, people and things surrounding man, their behavior and also every stimuli reaching man’s senses.

That is a huge stream of data influencing you all the time, whether you are awake or asleep. Practically, it is impossible to be aware of the entire environmental influence and change it, but there are things that you can control.

There are negative and positive influences from the environment. Aiming to create and sustain perfect health, you may need to avoid the negative factors. Latter in this book, I will mention many negative environmental factors which are commonly present in life of most people.

Before continuing with the next chapters, I would like to emphasize that the most beneficial environment for man to live is nature. Whenever I say “nature” I mean the virgin nature, which is any place which zero influence from people. There are still some places on Earth, which were never touched by the human civilization.

Practically, of course, it might be impossible for you to move to such a place. The fact is that the closer you are to the virgin nature, the more natural your life can be. The more natural your living environment is, the more compatible it is with your body and the more supports you.

I am aware that for most people who were born in cities and never went to nature, moving there will be like risking their life, literally. This is why I suggest that you, while learning the natural way of life, gradually move into nature, the most life supporting environment.

I have written in HFT1 that the city is hell on Earth while the nature is paradise. This fact has shocked some readers. If you ask about it your body, especially your nerve system, they will strongly confirm my statement. So, where do you choose to live?

CAUSES OF ILLNESS

The human body is a very sophisticated machine. It is worth to know how to properly operate this machine and protect it against harmful influence which cause illness.

Protecting your body against illness helps to avoid most diseases, so you do not have to spend energy and resources to restore health.

Let me list major factors causing illness, so that you can be aware of them and avoid related circumstances.

- Images in the mind (unaware visualization).
- Toxic relationship.
- Weak immune system.
- Electromagnetic fields (EMF), mainly from:
the grid, Wi-Fi, GSM, 2G, 3G, 4G, 5G.
- Wireless communication devices, mainly phones.
- Poisons in environment.
- Poisons in food.
- Poisons in water.
- Geopathic zones or stress, underground streams or caves.
- Viruses, bacteria, parasites, fungi.
- Genetically Modified Organism.
- Antibiotics.
- Vaccines.

When living in a city, it may be very difficult and inconvenient to get rid of some harmful factors causing illness. However when you are aware of them, you will be able to make more health-conscious decisions how far to go with the protection.

You can choose if you know, if you do not know, you follow blindly.

IMAGES IN MIND

I explained it in the previous chapter, and also in HFT1, that your body is an image in your mind, therefore also its health is impacted by how you imagine yourself. What you focus on, it grows. Continuously imagining illness, contributes to creating it or accelerating its development.

I have noticed that most people seem not to be aware of the fact that the more they focus on their health problem, the more they contribute to its growth. They may be saying what they really believe or they may be joking, however in any case, discussing continuously about how bad they feel or how serious is their health problem, will only amplify it.

Creation of disease by imagining health problems is a well known psychological mechanism, regardless of whether man believes or ignores it. What I found out is that many people are not aware that they impact their health by keeping negative images in their minds.

This may be caused by social influence because in some social circles, joking about their own health in negative meaning is a common practice. Have you heard people joking about themselves like in these sentences? “I feel awful.”, “I am dying.”, “This is killing me.”, “She drives me crazy!”, “My health is getting worse.”, “Name a disease, I have it all.” “I am deeply hurt.”, “I am getting old and sick.”, “Bad for me.”

When people speak about themselves like that, even if they are joking only, it still does affect their body. The more this kind of joking becomes a habit, the bigger is the probability to create a real physical body issue. Therefore, I suggest that you talk positively about yourself, especially about your health.

TOXIC RELATIONSHIP

This happens in so many family relationships. It may be between a husband and wife or a parent and their child or parents-in-law. In a toxic relationship one party behaves in despotic or aggressive manner towards the other. Such relationship, where love is not the prevailing factor, creates tensions, misunderstandings, quarrels or even fights. Obviously, when such situation lasts long time, it affects health of the involved parties.

Other type of toxic relationship appears when one party continuously has expectations towards their partner, which are not fulfilled. Although they suffer, they do not speak about this problem. This inner suffering may be seriously harmful if it lasts for too long. In fact, inner suffering and hidden or forgotten feelings often are bases for development of chronic illnesses.

WEAK IMMUNE SYSTEM

Have you heard this saying? “There is only one illness, but it has twenty thousand names, it is called weak immune system.” This essentially explains what is the major cause of diseases caused by foreign bodies.

When the immune system is not performing properly, there is no way to keep the body healthy. No medicine will be able to perform the miracle of keeping diseases away. The body will be ill.

There are many factors which weakens the immune system, the major ones include: environmental poisons, electromagnetic fields, negative emotions, insufficient physical activity, not enough sunlight falling on the skin, harmful eating habits and bad sleeping conditions.

ELECTROMAGNETIC FIELDS

There are tons of independent scientific reports providing evidence of how various electromagnetic fields (EMF) harm biological life, especially the human body. There is also disinformation war run by mass-media controlled by people who have interests in developing and deploying wireless communication systems. If you want to learn more, you must do your own research.

Harmful EMF began to spread rapidly around the end of the twentieth century with the popularization of wireless communication devices. Since that time, the strength of EMF in cities increased thousands to millions of times. Corrupted, intimidated or unconscious people in charge of national health institutions have allowed much higher levels of EMF, so that communication systems could be farther developed. This exposed people more and more to harmful EMF.

I have found out that EMF produced by WiFi and G2, G3, G4, G5 become the major cause of diseases for people. Among many harmful effects caused by EMF, one of the most dangerous is that the immune system becomes weaker and weaker.

This is what I copied from articles published by researches, about other harmful effects of EMF on the human body: “brain cancer, depression, heart disease, leukemia, miscarriage, allergies, asthma, autism, blood pressure (raised), concentration difficulties, diabetes, fatigue, frequent infections, headaches, hormone disorders, mental health issues, nerve damage, sleep disturbance, skin complaints, sperm abnormalities, tinnitus”. This is not a complete list of all harmful effects.

If you are in WiFi field or you use a mobile phone or stay close to so-called “smart meter” or any industrial electric device, your body is under even stronger influence of EMF. It would be a miracle – but not lasting

long – if somebody could survive healthy in such a place.

One more thing, stay at least 1 meter away from home grid electric wires. They emanate 50 or 60 Hz frequency EMF which is not beneficial to the human body life. However, if there is a high voltage (110 kV and above) electric line, then you better stay at least 100 meters away from it. The higher is the voltage of that electric line, the farther away you should move. If such electric line goes above your house, abandon it, do not live there, protect your health.

WIRELESS COMMUNICATION DEVICES

Obviously, mobile phones are the most commonly used wireless communication devices. Look at this picture, it explains the health danger graphically, although for now it may still seem little exaggerated.



One of the light components emanated from the phone screen, the blue, irrecoverably damages the retina. This process occurs slowly, it takes years, so most people do not feel it, however, their retina suffers. To

protect eyes, keep the screen as dim as still possible for you to read.

The screen is like a lamp which lights directly to your face. You can see in a dark place that the screen can be used as a torch. The lighter it is, the more harm it causes to the eyes, promoting serious health problems to the eyes, to the nerves and endocrine systems. Bright light emanating from the screen is especially harmful at night.

Dramatic lost of self-awareness and mind powers. Notice the faces on above image; personally, I see that in real life, faces of more and more people become more and more similar to those on that image.

One day, when I was waiting for a bus, I noticed that all people around me were having their eyes almost glued to phones. Then, I ask a girl close to me, "Is that so interesting?" When she turn her face to me, I noticed that there is no spirit, there is no life in her eyes. She looked like zombie, a completely unconscious human. It took her a few seconds to wake up slightly and to answer my question.

This is an obvious proof how people loose their self-awareness and their mind abilities. Those people are changing into machine like beings controlled by artificial intelligence. They are not aware of that fact, and if I tell them, they smile only.

I also found out that some phone addicts are less and less capable of living without consulting phone. This looks as if their brain was in the wireless communication device that they are holding. They ask their phones simple questions, for example: "How to peel off potatoes?", "What gift should I buy for mother's day?", "Where can I be happy?"

When I talk to some phone addicts, I really see that there is no life in their eyes and I feel that they do not comprehend what I say. Those people were not born like that. They were born with fully functional,

powerful brain and nerve system. By using wireless communication devices too much, they have damaged their psyche and became mentally impaired.

Parents who give a phone, tablet, computer, etc. to their children, damage their eyes, brain, nerve and endocrine systems. These children will never be healthy, they will live like unconscious people, suffer diseases and die earlier. The younger is the child, the deeper and quicker is the damage caused.

WiFi

Before deployment of 5G, I called WiFi “Number one health killer in cities of this planet.” WiFi does not directly kill man, it slowly harms the human immune system, among the other damages caused by EMF which I mentioned above. The harmful effect of WiFi accumulates with time. People are really not aware how much damage is done to their body when they stay long time in WiFi field, because when they get ill and die, it is assigned to other causes.

What is staggering about WiFi is the fact that the frequency used in WiFi is almost the same as is used in microwave oven! Tell me, why have they chosen the microwave oven frequency for WiFi if they could choose billions of other frequencies which would work as well? Well, the secret is about the most often used WiFi frequency ~2.4 GHz which makes water boil in the microwave oven. By the way, your body is mostly water – think about this shocking fact.

Be aware that when you install WiFi in your home, you practically put yourself in a very weak microwave oven. Of course, you may not feel that because the EMF is thousands of times weaker, but still, your body is under microwave oven frequency all the time when WiFi is on. Think about it, do you really want to treat your body like that?

POISON IN ENVIRONMENT

There are so many poisons in the city environment that describing them would require writing another book. For simplicity, let me mention only a few poisons found in almost every home, in cosmetics, cleaners, wall paint, furniture, dishes, clothes.

COSMETICS

Be aware that whatever liquid you put on your skin, it goes into your blood stream within seconds and then circulates in the entire body. There are so many chemicals used in cosmetic industry, most of them are considered harmful to human body.

If your cosmetic is not edible, then it poisons your body when applied on skin, which may result in illness. There are many cosmetics which can be also eaten, so why would you choose the non-edible ones which poison the body?

Besides that, if your cosmetic, especially the oily one, is in a plastic container, it becomes even more poisonous. Oils dissolve plastic better than water, therefore if your cosmetic is in a plastic container, it is contaminated with plastic.

I suggest that you check your soap, shampoo, body wash, hair conditioner and everything else that you put on your skin – can you eat it without being poisoned? If not, then why do you poison your body by applying it on your skin and thus let it go into your blood?

CLEANERS

What I explained just now about cosmetics, practically can be also applied to home cleaners, especially if you do not use protecting clothes during cleaning. Yes, if your cleaner is not edible, you better do not touch it and do not use it in your home. Some cleaners poison also the air for many hours – I suggest you do not touch them.

Most cleaning agents used at home are poisons. They clean nicely but they also poison your body through the skin, lungs and eyes. You have a choice, so you can buy natural cleaners. For example, vinegar, baking soda and borax are universal cleaning edible chemicals which can be used also for washing clothes. Are you aware that edible oils can also be used for cleaning some kinds of dirt surface?

WALL PAINT

This is of utmost importance because what you put on the walls of your house, will enter your lungs, thus the entire body. Be aware that some so-called “ecological paints” are not so safe too. If it is written on the container that this paint is safe, do not blindly believe it, check out what chemicals it contains.

There are many solutions for painting the walls of you house with natural substances which are neutral to your body even if you eat them. For example, a good white wall paint can be made with calcite plus baking soda plus glue made from starch. Then, you can add mineral coloring powders.

If you happen to paint the walls of your room, make sure that afterwards you leave it with widely open windows, so that the walls will dry well and any gaseous substance will leave your room completely.

FURNITURE

Furniture made from natural materials like wood (not millboard or wood shavings), stone, glass, ceramic, metal or leather, should be safe, if it is not covered with poisonous paint and does not include plastic.

When you buy furniture, look only for natural materials and before you move it into your room, make sure it does not have chemical smell. As long as you smell formaldehyde or other chemicals, do not use it. Let it stay in a well aired place for a few months until all the poison is gone.

DISHES

Ceramic, glass, stainless food grade steel, silver or wood can be used for dishes if they are not covered with Teflon, plastic or other poisonous substances. I warn you not to use so-called “non-stick” cookwares, except ceramic ones, because they may be covered with Teflon (perfluorooctanoic acid). Especially at higher temperature, Teflon emits poisonous fumes which may react with the food and which may cause damage to lungs. Also, the coating wear off with time and then it is found in human body.

CLOTHES

Clothes and also bedclothes are in touch with your body almost all the time. If clothes contain plastic or other poisonous chemicals, you can expect these to be found in your body. Be aware that skin is never completely dry, it is more or less humid or wet when you sweat. Sweat can dissolve some clothes material although it will be in nano-amount, but still, poisons enters your body and may promote illness.

On the other hand, when you wash your clothes in non-edible agents, you cannot expect the clothes to be healthy to the skin. Micro amount of washing agents will remain in the clothes even if you clean them with water many times. Then they will be absorbed by body sweat and enter the body blood circulation.

In relation to this, when you buy new clothes, first wash them well before putting on your body.

POISONS IN FOOD

Obviously, food is one of the most important things in human life. What you eat, directly impacts your body, therefore if eaten food contains poisons, your body may suffer. In fact, poisons in food and water are one of the major causes of illness.

It became almost impossible to find food without poisons, so some people give up, do not care any longer and say that everything is poisoned. Nevertheless, I still advice you to pay attention to what your food contains. When you read the labels listing the content of food products that you intend to buy, you may choose those less poisoned.



Be aware that most harmful, poisonous food additives are officially allowed by national health organization to be used in food. People think that if food is sold in supermarkets, it must be safe – this thinking is far from reality.

There are thousands of so-called “food additives”, so many that it become a field of sophisticated science, an industrial branch of chemistry, physics

and biology. There is also a lot of misinformation about what is poisonous and what is not, and how an additive affects the body.

I suggest that you always read the food labels before you decide to buy. If you do not know any of the listed substances, check it out, maybe quickly on-line, what it is and how it influences human body health.

Just to list and describe them would make a new fat book. I am listing a very few harmful food additives here, which you can find in many food products; although some researches will not agree that these below are poisonous additives.

GMO = Genetically Modified Organism	Destroys Earth food supplies and farming, besides being harmful.
Glyphosate or Roundup	Not listed on labels but found in most foods derived from grain.
MSG = Monosodium Glutamate	Harms the endocrine system.
plastic	Avoid plastic packing, especially for water.
Teflon	No-stick ware, especially dangerous in high temperatures.
Aluminum	Neurological poison. Never use aluminum for food or water.
Mercury	Found in big fishes, causes heavy metal poisoning.
Aspartame: (NutraSweet, Amino Sweet or other names)	Ant killer. Neurological poison. Sold under many different names.
Saccharine	Artificial sweetener, harms glands.

HFCS = High Fructose Corn Syrup	Sweetener which makes man addicted to sweet, causes obesity.
Sucralose: (Splenda, Zero-Cal, Sukrana, Apriva, SucraPlus, Candys, Cukren, etc. = E955)	Many names of the same artificial sweetener which affects the nerve system.
Sodium Nitrite or Nitrate	Nasty poisons.
BHA, BHT = butylated hydroxytoluene, butylated hydroxyanisole	Even more nasty poison.
sodium benzoate	Harmful preservative.
sodium phosphate	Harmful preservative.
refined sucrose	White sugar, overused in food, makes you addicted and fat.

What is even more tricky from food industry is that if customers discover that a food addictive is poisonous and then they tend to buy less, food industry changes the name of that substance. So, you have one poison being a food addictive known under several different names.

Please, if you care about health, make your own research because some researches may say that a food addictive is safe, while others will prove it poisonous. Do your own research and do not believe that all food additives are safe because most of them are not. If you do not care to protect yourself against eating additives, do not wonder when your body starts to degenerate at accelerated speed.

FOOD FROM MICROWAVE OVEN

Microwave oven destroys all life and water structure. If you treat food or water in microwave oven, you make it not suitable for consumption. If

you consume this dead food or water, you introduce death programming into your body. The program of death introduced into your body may cause more harm than poisoned food.

Considering your health, I advise you to never use microwave oven for food. If you do not have other purpose for your microwave oven, you may give it to recycling. Please, do not donate it to anybody, I hope that you do not want them to suffer.



POISONS IN WATER

The human body is built mostly of water, so it goes without saying that body health depends on quality of water it consumes. Therefore it is up to your responsibility to learn what to do to provide your body with the clean water.



If you do not drink water from your own natural spring, then you probably live in a city and consume what from the tap. Vast majority of tap waters contain many chemicals harmful to biological life.

As in case of food poisons, water contamination and its purification may be considered a science. Hence water is the most universal solvent on Earth, it may contain innumerable amount of substances, lots of which come from the industry and city sewage. I am listing here only a few of them which I consider most often found in city water.

Bisphenol-A (BPA)
Bisphenol-B (BPB)
Fluoride
Chlorine
Heavy metals
Hexavalent chromium Cr(VI)
Perfluorooctanoic acid (PFOA)
Antibiotics
Fertilizers
Glyphosate or other herbicides and pesticides

I suggest that you do your own research about every of these poisons, because if you do, you might be shocked and get angry, why people behind big companies damage our health by poisoning waters without ever being punished.

Investing in efficient water filter really protects your health. Make sure that you read the technical specification of the filter, especially analyze the section about how efficient it is in removing those poisons mentioned above.

GEOPATHIC STRESS

Geopathic stress is a geological phenomenon which most people have never heard about. In short, this matter is about emanations / radiations appearing in some zones, caused by underground stress, rock formations, streams or caves. Your house or work place may be in such zone.

In some places, this kind of radiation is so concentrated that if it passes through your bedroom or other places where you spend a lot of time, it harms functions of body organs. This promotes development of diseases similar to what weak but longtime radioactive exposure causes. If you stay in such a place, no medicine will help you, you need to move away.

It is even worse if you stay in places lower than the ground level. In most such places, you may be exposed to Radon, a poisonous and radioactive gas which is not visible and not sensible.

If you would like to find out whether there are harmful emanations from geopathic stress in your living or working place, you may need to invite a specialist in radiesthesia to check the place. They can also advise you about the protection methods.

VIRUSES, BACTERIA, PARASITES, FUNGI

When the immune system is not working at its full efficiency, bacteria and viruses can overtake the control of something in the human body, for example, cells, blood, liver or thyroids. Of course, when they develop too much in these regions, illness develops.

Harmful viruses and bacteria are practically everywhere. This is not a problem when your immune system is working efficiently and when you conduct so-called hygienic life. However, exaggerating with cleanness in

order to eliminate all the harmful micro organisms would be a mistake. The body needs to be in touch with viruses and bacteria to sustain its immunological awareness.

Other micro organisms, which may seriously damage health and even cause death, are fungi and molds which can be of different colors and textures. They usually like dark and humid places, so you can find them behind furniture, under sinks, window covers, frames, wallpaper, etc.

Many house owners are not aware that their rooms have fungi because they are well hidden somewhere on the walls. You may need to move a sofa or tear off some wallpaper or open the air conditioner, to find out that there is mold in those places. When there is a stinky smell in a room, it probably has fungi, most often it will be a mold hidden somewhere.

Never sleep or stay longer in a place with fungi, especially when you can smell it because it will enter your lungs and might spread throughout your body. Some serious illnesses are caused by fungi. People can suffer for years because they are not aware about molds in their apartment or office. I know stories, where chronic diseases ceased after people renewed their apartment, which included removing mold. Do not neglect this fact, once you find mild, immediately remove it.

GENETICALLY MODIFIED ORGANISM

GMO is produced when genes of a plant or animal were manipulated. Having been manipulated, they become unknown to nature, therefore the modified plant or animal is not natural, it became an industrial product.

As you remember my explanation from HFT1, the human body is 100% compatible with nature. This total compatibility implies that all the food found in nature is fully compatible with the human body. In other words,

the food in nature is perfect. “Perfect” means that it cannot be improved, therefore any modification made to food of nature, will make it non-perfect, in other words, worse for consumption by humans and animals.

Although GMO has been known since ever on Earth, the human body still treats them more or less harmful. From the eighties of the twentieth century, the most harmful GMOs have been promoted and thus vastly invaded the food market. Statistically, the newer GMO it is, the more harmful for the human body.

You can find so many papers from scientific research, to find out how unknown to nature genes and proteins found in GMOs, evoke harmful reactions in the human body. For example, biologists discovered that when genetically modified wheat was consumed by humans, increased amount of leukocytes quickly appeared in their blood. This means that the immune system reacted to wheat as if it was a virus.

Modifying genes of nature means playing with its life sustaining programming. GMOs consumed by man, cause unexpected self-defense reactions of the body, disturb the immune system and metabolism which results in illnesses.

Nature treats any GMO as erroneously programmed organism which is not allowed to live and develop. Nature is the strongest organism on Earth, therefore when it finds GMO, it will overwrite its gene modification to bring it back to natural state, or it will kill that organism.

Make an experiment, to prove this fact to yourself. Go to a glade and sow healthy wheat seeds. Observe what will happen. Wheat will grow well in one season. In the next season it may not appear any more, it will be killed by nature.

If wheat continues to sow itself and grow, you will see that within a few seasons it will completely change back to grass, from which it was

originally made. The same will happen with any other GMO of plant. If nature does not allow it, because it is wrong and harmful programming, then why would you want to eat it?

ANTIBIOTICS

Antibiotics, by killing bacteria invading human body, can save life, it is a fact. Another fact is, that antibiotics have been used unnecessarily too often. I have seen statistics which show that doctors prescribed antibiotics about nine times more often than patients actually needed them.

If you really need antibiotics, make sure that you will not eat them, ask for injections. If you eat antibiotics, they kill also beneficial bacteria in your intestines. If too much of the intestinal flora is damaged by antibiotics, your body cannot be healthy, no way. Number of serious illness may develop, some of them are called “incurable”.

If your body needs antibiotics, look for the natural ones from plants growing in nature. Cure plants are often more efficient than synthetic antibiotics and they have far less side effects. Some well known home antibiotics are found in kitchen, for example: garlic, onion, ginger, turmeric.

VACCINES

The only vaccines known in nature are insects, mainly mosquitoes. What may happen is that they will infect your body with a virus or bacteria. If your immune system is strong enough, your body will survive, but if you are too weak, your body will die – this is how nature works.

Vaccines produced by man do not work as advertised – this has been confirmed many times. Statistics show that applying vaccines to a society

promotes spreading of the illness that the vaccine was suppose to eradicate. Obviously, when man is vaccinated, man may spread the virus infecting others.

Having researched this topic for many years, I never found any man whose health was saved by using vaccines. However, I saw innumerable cases of people who fell ill due to vaccines, many died. Vaccines harm human body, they may cause illness many years after injection.

Be aware that a vaccine injected into your body, poisons it with many chemicals, for example mercury and aluminum compounds, some of which are confirmed to cause unrecoverable nerve system damage.

There are socking video interviews on Internet, which testify not only that vaccines did not work as advertised, they also seriously damaged health of people.

I remember quite enlightening and shocking interview with Dr. Shiv Chopra who graduated as microbiologist and later become the head of a biological research, who was working twenty years for a vaccine company. He was also in charge of statistics, how efficient vaccines were. This top expert stated: “no flue vaccine has ever worked” ... “these are all made up things” ... “the whole thing is a hoax”.

If you have any doubts, just read the label on the vaccine box. Besides that, do your own research, because there is tons of information testifying against vaccines. Be prepared to be shocked and maybe angry when you discover how health of many people was damaged by the vaccine industry.

Look at publicly available statistics. What do you find? Well, the more vaccinated are people of a country, the more illnesses they suffer and the fewer people are healthy over there.

SELF-CURE

In case of health issues, I suggest that you seek advice of wise and trustable doctors who have sufficient experience to advise you and who are not agents of the pharmaceutical industry. As sad as this might sound to you, many doctors are not like that. The reason is that they stopped their education in school and then, while practicing medicine, they are legally obligated to follow procedures. Even if their practice proves that a procedure is harmful, and even if they know a more efficient cure technique, they may not be allow to use it. They work in fear.

You are supposed to be a free man, therefore you can choose how you are treated in case of illness. If you cannot find efficient help from doctors, do not be scared to take care of yourself. Use nature for self-cure and seek advice from those who know how to help you.

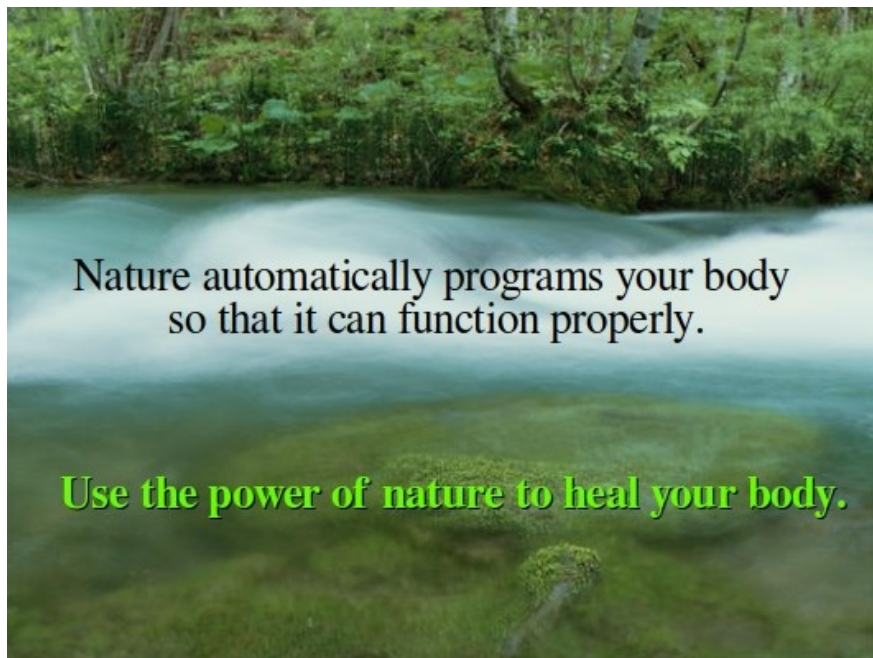
Warning.

I am going to share my life long experience of self-cure in form of ‘advice by a friend’. Bear in mind that I am no authority in healing or curing, therefore my sharing should NEVER be treated as a professional advice. Accept this as a loving friend to friend advice. I may be wrong or something may not work for you or in some cases it might harm you. If you decide to use any technique described in this book, it would be all your responsibility, and I will not give you any support in your practice.

CURE BY NATURE

I often emphasize that the human body is an inseparable part of nature, this is why nature is called Mother. You are Mother Nature’s child, however, you are free to choose, to live with your Mother or to leave her.

When you choose to stay on the bosom of your Mother, you are in a place where all what you need for living is provided to you for free. Your Mother also takes care of your health.



**Nature automatically programs your body
so that it can function properly.**

Use the power of nature to heal your body.

How do you feel when living in the crowded city, surrounded by the concrete, with almost no green space? Compare it to your feeling when you go to a forest at a lake or seaside. Obviously, the latter is much more alive and you can feel how your body life energy is restored there.

This is the most obvious function of nature, that it revitalizes and regenerates the human body. The condition is, you must be in nature, there is no second option, your presence in nature is necessary.

While you stay in nature, it automatically reprograms your instinct restoring its original nature programming, this process results in

restoration of health. As I explained about this in HFT1, it is enough if you just stay in nature and do nothing. Spend some time in nature, eat its food directly, swim in her waters and sleep there – this is all you may need to do to recover health. Of course, if you add other curing factors, for example, physical and energizing exercises, the cure effect shall increase significantly.

I hope you got the point that there is nothing fancy with the cure power of nature, it is as simple as just explained. Be in a forest at the seaside, lake or river far from any city, relax and enjoy your time; nature knows what cure your body needs and how to regenerate you properly.

From time to time, I gather with my students in nature where I organize advanced seminars for them. We exercise and use different remedies of nature for revitalization and regeneration. Many participants get rid of body and psyche problems. Enlightenment and other “miracles” happen sometimes.

MIND

Your senses perceive the physical world, including your body, as a hard matter, however all of the matter is just an image in your mind. When you really know the meaning of this fact, you can feel or imagine that the secret to successful self-cure lies in your mind. Indeed, your health depends on many factors but the major impact is caused by what you imagine about yourself, especially how you see your health – as explained in this book and in HFT1.

When you decide to cure yourself, the first thing to change may be how and what you keep imagining about your health. Interesting, most people are not fully aware what they keep in mind about their health. Only after you ask them about some details, they may realize that they keep harmful

images in their mind. In other words, those people do unconscious visualization which materializes in form of disease for them.

I suggest that you first analyze images in your mind. Recall them one by one in order to find out which are supporting your body health and which harm it. Remember, that even if you present negative images in jokes about yourself, your health is affected harmfully.

There are two efficient mind techniques to cure yourself, you already know them – Inner Joy and visualization. If you do not remember the details, read the description in HFT1. You can start practicing now.

While doing visualization, use a vivid images in which you perceive yourself as a ‘joyful man in perfect health’. The ‘joyful man in perfect health’ is the final goal of your visualization. Prepare your imagined movie like this and do practice visualization, following all the principles of this technique. If you do it properly, it can cure your in minutes; I have personally experienced this.

HERBS

When I say “herbs” I mean not industrially produced plants, I mean the real thing which you find in real nature like in a natural forest or field. According to my experience, properly used herbs, or let me call it ‘plant medicine’, is one the most efficient remedies of restoring health.

Using herbs for curing people efficiently requires a lot of studying and practicing. Most people would not like to learn this natural, powerful cure of restoring health back to normal.

Be aware that nature has cure for all diseases including those who were not discovered and classified yet. Nature also does not know so-called, or

let me say the truth, advertised, “incurable illnesses”. People working in the branch of chemistry called pharmaceutical medicine, believe in incurable diseases but there is no such thing for nature.

Even if you are not going to become a master of plant cure, I sincerely suggest that you study it for your future benefit. In present times, as we can clearly see it, the official so-called “health care” system is damaging health of people more and more. If you do not take proper care of yourself, then, in not so far future, you might be left without proper care, in other words, you might not find people who will be able really cure you.

On the other hand, as you can clearly see, this civilization is going to self-destruction, especially in cities, therefore it may be a very good idea to know the basics of using nature cure remedies. Even now, if you find yourself far from others who could help you, you may be able to cure yourself in unexpected situations, if you know some basics of using natural cure remedies.

For your great benefit, I suggest that you learn how to properly recognize and then use at least twenty different plants for curing. Choose plants which grow in your area, they are the most compatible with your body. As I mentioned before, nature knows what your body needs, so it grows plants that can cure your body whenever you get ill. Nature miraculously knows in advance.

CHEMICALS

More than a dozen of chemical substances have been used for ages to efficiently assist people in self-cure. Some examples include: table salt, baking soda, vinegar, iodine, Epson salt, ethyl alcohol, activated carbon or charcoal, purified kerosene, borax, soap, potassium permanganate and

sodium chlorite (NaClO_2).

If you learn how to use them for curing, you may be surprised that there are hundreds of health issues where these simple and cheap chemicals can be used efficiently.

Same as in case of plants, I advise you to do your own research and study well how to use these and other commonly available chemicals for cure. Especially sodium chlorite, baking soda, iodine and activated carbon have wide spectrum of very efficient usage, when you want to get rid of an illness.

You may be surprised to learn that most of the common health issues can be successfully eliminated with these simple chemicals and the twenty cure plants mentioned above. You might not have any need to seek help from a doctor for years, if ever.

I may be an example of a man using cure based on simple plant medicine and commonly used chemicals. In my 57 years of life, I had to seek help of a doctor only a few times, mainly because of physical accidents. When I got sick, I mainly cured my body with fasting; sometimes I drank herbal teas or used commonly available chemicals like baking soda, sodium chlorite, soap or activated carbon.

OFFICIAL MEDICINE

I am referring to the empire of chemical industry branch called “pharmacy” and the sophisticated electronic machinery. The workers of this empire are forced to follow procedures which became more important than the cure – this is my observation.

In this empire strictly controlled by the rulers, physicians treat patients with drugs.

By the way, I would like you to notice that ‘treatment’ and ‘cure’ are two different, sometimes opposite, matters. The first one (treatment) is a procedure which final result may not be full restoration of patient’s health. The second one (cure) is about making man healthy again, without paying attention to procedures.

Do you get the point? No? Confused? Well, look:

drug – physician + procedures – treatment of a patient
nature – free healer – healthy man

Do you know the open secret about the perfect drug? Nobody have told you. Well, let me disclose the secret. These are the main features of the perfect drug:

1. It should not kill or fully heal the patient, because that would be a lost of a customer.
2. It should make the patient feel better, so that they can experience that the drug works efficiently.
3. It should make the patient addicted to the drug – obviously, an addict is a lifelong customer.
4. It should cause other illnesses, so that the patient will spend more money on drugs.
5. It should be expensive, to the patient believe that their drug is a treasure saving health or even life.

This is the end of my satire. In fact, what I want is your good health, so I have chosen this way of making you more willing to care about yourself. Personally, I believe that many doctors are good heart people who really want to heal others, however, when they fall into the enslaving machine of procedures, they must follow or they will be persecuted. I have seen doctors, who were healing people efficiently, that is why they were punished and even sentenced.

It is an undeniable fact to me, that the official medicine has also good sites and it does help to restore health and saves lives. It is worth to use

medicine whenever it offers better solutions. When? – this you have to decide yourself, based on your knowledge about efficient cure.

DEVICES

I have seen and tested some non-invasive electronic devices very useful for diagnosing health of man; some of them can be used for both, diagnosing and cure. Just a few minutes may be enough to diagnose your health for over a dozen of thousands of possible health issues, and then from a few minutes to a few hours is needed to cure you.

I noticed that this kind of electronic devices are not widely used by hospitals, maybe because they are very accurate and quick in both diagnosing and cure. They are also simple to use and inexpensive to buy compared to the cost of medical treatment. I found out that many wise health practitioners use this kind of diagnose and cure devices in their private clinics.

These electronic devices started to be developed after extraordinary discoveries of Dr Royal Raymond Rife in the twenties of the last century. His devices “miraculously” restored health of many so-called “incurable” patients.

You may find that many electronic devices of this kind are sold on Internet. The sellers may claim extraordinary healing results. Be cautious, I suggest, because some claims may not be true; even worse, some devices can be harmful.

To find these devices, you could start searching with terms like: Rife, zapper, eri, galvanic stimulation, electrotherapy, tens, microcurrent electrical neuromuscular stimulator, ritm scenar, electronic healing, energetic medicine, deta-elis, devita ap, timewaver.

PHYSICAL ACTIVITY

Most people are aware that the human body needs physical activity to function properly, but many have not found out that by performing physical and energizing exercises, man can cure their body. Yes, it is not so obvious fact. I have experienced it before my forties.

In that time I spend almost all my time at home which was also my office. I did not move much because my work was mostly at the desk. My body put on weight and was not so strong anymore compared to my youth time. What was bothering me most was that I got a cold, cough or running nose every once in a month or two.

Then I made one change in my daily life, I introduced physical exercises, three to four times a day, every session three to five minutes only. The health problems ceased and the frequency of my diseases decreased to maximum once in about a year.

Indeed, the human body needs some amount of physical activity to stay healthy. If you are physically not active enough and you suffer similar health issues as I did, practicing physical exercises may be the only self-cure your body needs.

Besides that, I suggest that you read about physical and energizing exercises in HFT1 where I explain much more. Be aware that performing energizing exercises is also very important to maintain good health, especially for people over fifty years old.

One more thing that I like to emphasize is swimming in natural waters especially in the ocean during a sunny day. I suggest that you use this natural remedy for self-cure whenever possible. Swimming in a lake, river or ocean during a sunny day for a dozen of minutes brings the body

many benefits. All the muscles are working, your body can absorb minerals from ocean water, the skin is activated by the sunlight – just to mention a few efficient cure factors.

SPINE CORRECTION

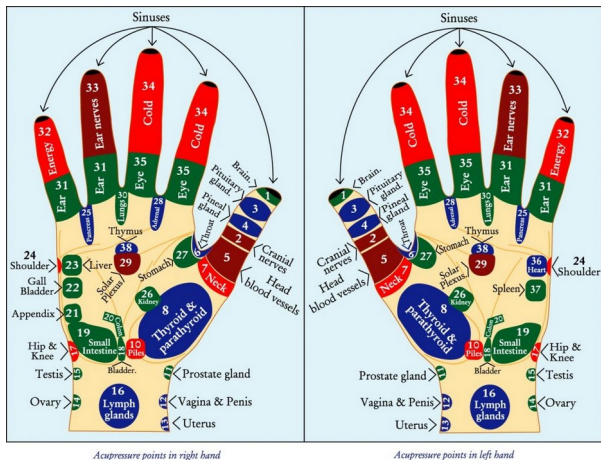
Misaligned vertebra and displaced inter-vertebrae disks are one of major causes of body health problems. In fact, there are not many people with perfectly functioning spine and muscles. Even a small displacement of an inter-vertebrae disk may cause a disease which will last until the disk is fixed back to its original position.

You can learn to efficiently perform some spine correction but most of this cure work must be done by a well experienced chiropractor. In other words, if you cannot fully help yourself, find a good specialist because there are cases when an inexperienced ones did a harm to the spine.

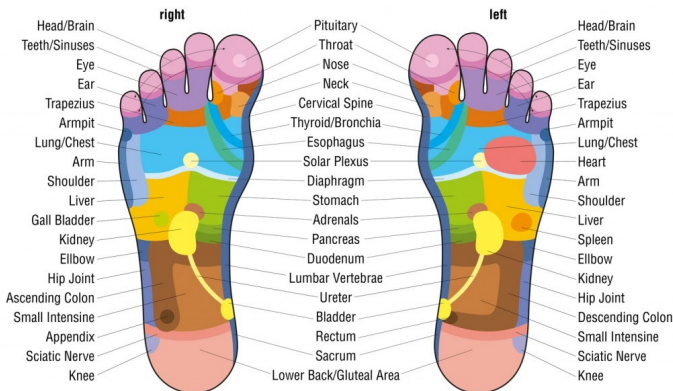
I warmly recommend to you to learn spine and bone self-correction techniques. These are simple body postures and movements which you can perform to keep your spine in good conditions and also cure it if necessary. This kind of spine exercises may be especially useful to you if you spend most of your time sitting. Tons of materials are available on Internet about this self-cure topic.

PALM AND FOOT MASSAGE

You probably have seen diagrams of palms, feet, ear and face where the body organs were marked. These diagrams are used by people who learn massaging certain points in order to cure their body health problems.



Foot Reflexology Chart



These two and many more similar diagrams of feet or palms are freely available on Internet. There is also a lot of freely available instructions for those who do not know how to perform this kind of massage.

To massage your palms and feet, you do not need to ask others to help, you can do it efficiently yourself. Help yourself, cure some of body issues

by massaging their respective points on your feet and palms. This really works, I have experienced its efficiency number of times.

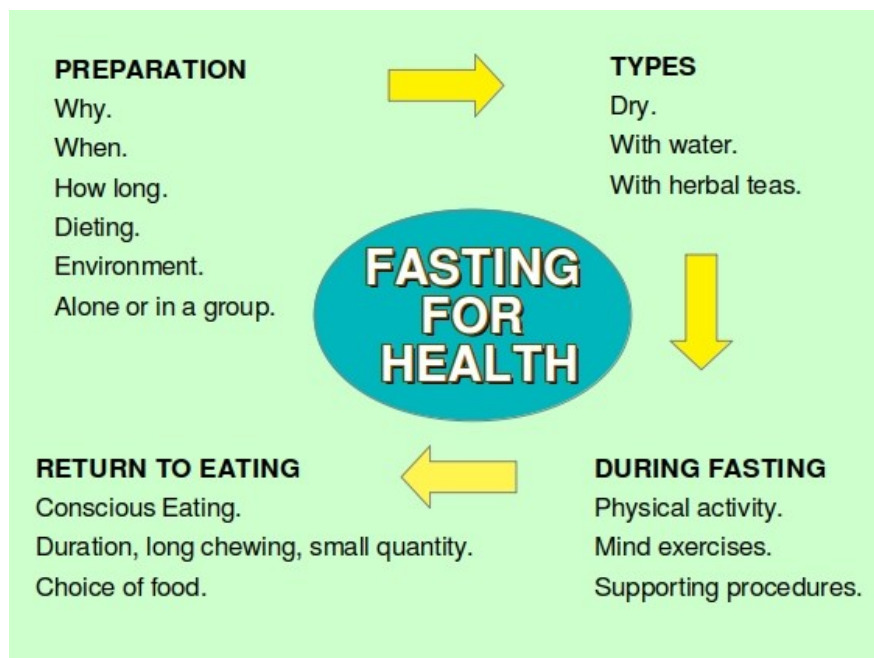
OTHER CURE

If the methods described above do not satisfy your needs, search for other ways to cure yourself. There are dozens of other efficient cure methods. You can find the instructions on Internet or in libraries and also you can learn from people living in nature.

Personally, I do not believe that there are incurable illnesses, but I believe that there are people who suffer some diseases that most doctors or healers do not know how to remove, Then they say “incurable” instead of saying “I do not know how to cure you”.

If you cannot help yourself, continue searching people and information but be aware that there are two risks. One, a method you believe in, will not work, it might harm you more. Two, man whom you believe that they can cure you may not succeed or even worse, they may make you suffer more. Just be aware that it is you who is responsible for making a choice how to cure yourself.

FASTING FOR HEALTH



Fasting for health is the most natural and the oldest cure method. Animals and naturally living people use this method when they need to cure themselves internal body self-cleansing.

When the body needs to clean itself in order to restore health, it will automatically decrease hunger to consume less or stop eating. Of course, if man ignores the message of their body, then they will continue eating. In this case eating will be harmful for the body because it will suppress the natural self-cure function.

Of course, not every man can properly perceive the messages from their body and then naturally follow with fasting. Most people need to learn

how to fast. Fasting, being a natural cure method, should be done properly, if not, it may become a harmful procedure.

I am going to explain fasting shortly. I hope that based on the following information, you will be able to fast properly. The above picture presents the overall idea of properly done fasting.

PREPARATION

To make fasting easier, which means with less unpleasant symptoms, it is recommended to prepare the body first. The preparation can last from one day to half a year, depending on many factors, mainly on your present diet, your believes, health conditions and living environment.

You could start fasting without any preparation, that would not be harmful for you body, that still would be natural, however the first few days of fasting would be more difficult for you, you could expect more unpleasant symptoms.

WHY?

Why do people fast? The answer should be obvious to you by now, fasting is an efficient natural cure method which is fully compatible with the biology of the human body. Vast majority of diseases can be fully eliminated by fasting.

People practice fasting also for religious purposes. I am not going to write about religious fasting although its by-product may also by health restoration.

WHEN?

Man needs fasting when their body becomes ill or it shows symptoms of degeneration or poisoning. When you notice any of these factors, you may decide to help your body to recover by fasting.

Many overweight people use fasting to get rid of excess fat, to “loose weight”. If done properly, it is the most efficient, quickest and natural method to restore the proper body shape.

HOW LONG?

The simple straight answer is: as long as the body needs to be fully healthy again. Your body will message you when to stop fasting. While fasting, you need to observe your body condition, so that you know when to stop fasting. If you continue for too long, the fasting will change to starving which is harmful, of course.

DIETING

The more processed is food in your diet, the more important it becomes to modify your eating before starting to fast. The goal is to eat as naturally as possible before the body switches to the fasting mode.

The diet modification should not be too quick so that the body does not feel uncomfortable. Let us assume that you eat mostly highly processed food, for example: baked or fried derivatives of grain and meat. What you need to do is to gradually decrease amount of this food by replacing it with fresh, mostly raw plant food, for example vegetables and fruits.

It is also important that during this process, you gradually eat less and less. To help yourself to eat less, you may need to use the Conscious Eating methods as much as you can implement it. Chewing long time and

staying focused on what your body feels, are two essential keys.

Remember, when you are modifying your diet, your goal is to eat as naturally as it is practically possible in your daily circumstances. When you feel that you have achieved this goal, then you can decide to start fasting.

ENVIRONMENT

I guess that I do not need to convince you that the most supportive environment for fasting is nature. If you could stay in nature during your entire fasting, you would achieve the best results in restoring health.

I advise you to find and prepare a simple living place, as deep in nature as possible, for the entire fasting time. Choose natural forest which is in hill area, close to the ocean or large lake. You will need to walk and swim regularly, so make sure that the environment, especially water and air, are super clean.

The more pristine the place is, the more it supports fasting. This is obvious for you when you know that the human body is a part of nature and it needs the natural programming for full revitalization and regeneration.

ALONE OR IN A GROUP?

This will depend on what you prefer; to take care of yourself in silence or to feel supported by similar-minded friends. Personally, when I am fasting, I prefer to stay alone, so that my attention is more focused on what task I am performing. If you feel that you need others to accompany you, then find friends who want to fast with you.

One of obvious advantages of fasting in a group is that people support each other. For example, if you are alone and food is around, you may not be able to refuse the temptation. Fasting in a group is also safer because in any case you need help, your friends are close by.

On the other hand, many people become more sensitive during fasting which makes them irritated and angry much easier; then staying in a group may not be pleasant sometimes.

TYPES OF FASTING

There are many meanings given to the term “fasting”, so let me define it here clearly. Basically, “fasting” means that you **consume nothing**. If you consume something, it is not fasting, it may be dieting. Some people say “fruit juice fasting”; in my opinion, it is dieting.

DRY FASTING

To be more precise, when you “consume nothing”, it implies also no water. In other words, you do not put anything into your mouth, not even water, during the entire fasting, that is why it is called “dry fasting”.

Dry fasting is dangerous because if you force your body not to drink any water for too long time, it will dehydrate to death. You can dehydrate your body a little but if you cross the crucial point, it may be impossible to hydrate the body again. Then, even if you drink lots of water and stay in it, the body will not recover, it will be too late.

I suggest that you drink water during fasting. Having fasted for many times, when you become an experienced faster, you will feel your body better and then you will be able to switch from water fasting to dry fasting. Then you will be able to perform dry fasting safely.

Dry fasting is roughly two to three times more efficient in cleansing and curing the body. During dry fasting the body excretes more poisons, compared to water fasting. This may make you suffer due to more unpleasant symptoms; in some cases, this may cause harm.

WATER FASTING

Water fasting allows you to drink water only. There are misunderstandings about how much water to drink during fasting. Most people believe that the more water you drink, the better cleansing. No, it is not like that. Your kidneys are not like a toilet, flushing more water will not make them cleaner. The opposite happens when you drink too much water during fasting, the body will be forced to do more cleansing work for removing the excess water.

Feel your body. When it is thirsty, drink very slowly, drop by drop, until you feel that the body is not thirsty any more. Taking my water fasting as an example, my body is satisfied with about a glass of water in the first and second days. Later I need less than a hundred milliliters of water per day. You are different, so focus on your body, how thirsty it is and provide it with as much water as it needs, but no more.

HERBAL TEAS FASTING

In case of some illnesses, to make fasting even more efficient, herbal teas can be added to water fasting. Of course, no sugar, honey or any other sweetener are allowed.

If you want to drink herbal teas during fasting, you first must know exactly which herbs, when and at what amount to apply them. If you are not experienced in herbal medicine and nobody can advise you, I suggest

that you do not drink any herbal teas.

DURING FASTING

This is the essential part of the entire body self-cleansing and cure process. Obviously, you do not eat anything during fasting. I suggest that you do not give yourself up to temptations and do not insert into your mouth even a grain of food. If you do, it may increase your hunger and weaken your will to continue.

PHYSICAL ACTIVITY

The body eats itself during fasting but the programming of the instinct first will choose dead, weak or defected cells which means the useless or harmful ones. If you do not engage your muscles regularly, your body might consider them useless and then will eat their cells. You do not want to lose your muscles during fasting, so it is important to keep them sufficiently active.

Besides that, your body needs electricity, so you need to produce it by alternatively tensing and relaxing the muscles. The most beneficial physical exercise during fasting is swimming, as described earlier. Exercise several times a day, make sure that all your muscles work few minutes in every exercise session, even if you feel weak.

Also, to practice energizing exercises is very beneficial, as described in HFT1 and in this book. Hence your body cannot draw energy from food, you need to provide it by practicing more energizing exercises. You will feel better, also hunger will decrease. Energizing exercises accelerate self-cure of your body.

Some people feel weak during fasting, so they do not move much, even worse, they stay in bed for long time. They do not want to do even energizing exercises.

Be aware that if you do not move sufficiently during fasting, if you do not provide enough energy to your body, your muscles will be significantly weakened and even some tissues will be eaten. Fasting like that is harmful because it may cause emaciation.

There are days when the body needs more rest, even to sleep longer, in these days it should not be forced to exercise. You need to feel the **difference between the body feeling weak and the body needing to rest**. When your body needs time to cure itself, it may require longer rest. But when it is weak, it requires more life energy which you can provide by energizing exercises. Do you understand this?

MIND EXERCISES

Especially two mind exercises are beneficial during fasting, Inner Joy and visualization. Practicing the passive and dynamic Inner Joy greatly improves your mood, thus vitalizes the body. Of course, the dynamic Inner Joy is also an efficient energizing exercise.

In your visualization practice during fasting, it is enough to imagine that you are joyful and in perfect health; this significantly helps your instinct to restore body health programs. I suggest that you focus only on this image because you are fasting for health.

SUPPORTING PROCEDURES

People have created many procedures which can help you go through fasting easier and to achieve more efficient cleansing and cure results. Of course, you do not have to perform any of these procedures, especially

when you are afraid. Below, I listed a few procedures which I use personally and apply to people fasting in my seminars. They are proven to be safe. Those people who apply them during fasting, benefit more.

BAKING SODA WATER SOLUTION

Drinking baking soda (NaHCO_3) water solution is quite an efficient procedure when you need to clean the intestine from some parasites and concretions during fasting.

Take between a half and one and a half tea spoon of baking soda. Dissolve it in a glass or more of warm water. Drink this solution at once, sometime between five and seven o'clock in the morning, after you wake up. Depending on your body reaction, you may feel nothing, or there will be more movement in your intestine, or you will have diarrhea.

Normally, I do this procedure in the first three to five days of fasting. In the first morning, I take two tea spoons of baking soda in about two glasses of water. Within half an hour I have diarrhea which cleans the intestine efficiently. In the next days, I gradually decrease the amount of the baking soda water solution which I drink.

You may need to experiment with baking soda water solution if you never have drunk it, so that you can find out how much baking soda is most suitable for cleansing your intestines. Start from small amount and feel the reaction of your body, which may appear within two hours after drinking.

Baking soda has also other important function, it alkalizes the body fluids. Especially during fasting, the urine and other body fluids, except blood, become more acidic. To help your body, you can neutralize the higher acidity by drinking water solution of baking soda. The PH of the human body fluids is quite sophisticated biological matter, I believe that

there is no need to go into the details here.

ENEMA

When man eats, the digestive matter moves through the digestive tract. Every time new food is ingested, it pushes the digested matter in the intestines. It is easy to imagine that when man stops eating, some intestinal matter cannot be removed from the body, so it remains in the intestine and may petrify. This is what actually happens during fasting.



When you flush your large intestine with water, you greatly help it to remove remaining feces and concretions. If that matter is not removed, it will petrify. I suppose that you would not like to have petrifying matter inside your body during fasting.

Look at the large intestine – you may need some experience to flush it well with water. I believe that performing enema is easy and most people can do this from the first try. If

you really have no idea, you may want to watch videos with detailed instructions, there is plenty of them on Internet.



There are different, less or more advanced enema kits that can be bought. You can also assemble it from two parts, a container and a flexible tube, so that you can flow water into your intestine, through the anus.

Use only clean water for enema. According to results of my research, the need to use other liquids or water solutions is rare, regardless of what people believe or practice.

I suggest that you do enema in the first morning of your fasting. It helps if you drink baking soda water solution first, then, after half an hour or so, do the enema.

Repeating enema in the second and third morning of your fasting, may be very beneficial. In the next days, feel whether your body needs it or not. I suggest to do enema again in the seventh morning of fasting. Feel your body inside, especially the intestine, to decide about this.

There is no universal rhythm for doing enema, every body is different. Some people do enema every day during fasting, others do it once or never. When I am fasting, I do enema every day in the first week; then, once a week or whenever I feel that the intestine complains.

DIGESTIVE TRACK CLEANSING

Cleansing the entire digestive track with salt water solution is an ancient method, very useful to wash out concretions remaining in the entire digestive path, especially in the small intestine. This procedure can be performed at any time during long fasting but, based on my own and my students experience, I suggest to do it in the third morning of fasting.

Usually, I suggest to perform the entire digestive track cleansing if you are going to fast at least four days. The longer you intend to fast, the more useful this kind of cleansing is. This is because the longer lasts the fasting, the less active the digestive track becomes. When it becomes less active, it may not be able to excrete the remaining digested matter and concretions.

Prepare table salt (NaCl) water solution of at least 1% density. You can make denser solution but I suggest, do not drink weaker than 1% because of osmosis. The salt has to pass through the entire digestive track, so that

it can be fully excreted. No salt should remain in the body, otherwise the body will have symptoms of poisoning and will need additional time and effort to remove the excess salt.

Practically, take ten or more grams of table salt (NaCl) and mix it with one liter of warm water. Ten grams would be roughly a full table spoon. If you do not have a precise scale, dissolve little more salt in one liter of water, to make sure that the density of your solution is at least 1%. Too much salt in water makes it more unpleasant to drink, but too little would be harmful for the body. Personally, I usually dissolve one and a half table spoon of salt in a liter of warm water.

Depending on the capacity of your digestive track and your experience with this procedure, you will need between one and three liters of this salt solution. Prepare more than you expect to use, so that later you do not have to make new solution again while performing the procedure.

I suggest to start the entire digestive track cleansing procedure early in the morning, let it be sometime between five and seven o'clock AM. Wake up, allow your body to warm up and switch to the day mode, which may take half an hour or so. You could, for example, have a nice morning walk in nature.

Drink the first glass or two. Remember that your goal is to make the entire solution pass through your entire digestive track, never to vomit it. If you vomit, it means that you are drinking too quickly or you do not exercise enough after every glass.

Yes, special kind of exercising is important in this procedure. This kind of exercising has one goal, to push the solution from your stomach farther into the small intestine, large intestine and anus. You can elaborate your own set of movements or watch presentations and videos on Internet. Search for terms like “shankh-prakshalan”, “yoga intestine cleansing”,

“salt intestine cleansing” or “flushing digestive track” to find some examples of pictures and movies showing this procedure.

OK, you just drank the first glass of the solution, then you exercised in order to push the liquid farther down. Now, drink the next glass and do the same exercises. Continue with this simple procedure, do not rush, otherwise will feel nausea or vomit.

After a few glasses, you will need to go to toilet, mechanical diarrhea started. This diarrhea is, obviously, caused by the drank salt water solution which starts to come out.

Continue drinking and exercising. Look at the color of the liquid flowing from your intestine. When it becomes clear, stop drinking the salt water, switch to drinking warm clean water, but continue the exercises after drinking every glass. After drinking the last one to three glasses of warm water, finish the entire procedure.

You may have to go to toilet once or a few times, to completely remove the excess liquid. I suggest that you also go for a walk in nature. When you return, you may feel tired, so I suggest to lie down and relax.

If you do this procedure for the first time, it may take at least two hours. Some people told me that they still had to go to toilet six hour later; that is all right, your body knows what to do, let it clean itself.

RETURN TO EATING

When your body messages that the fasting have achieved the goal or that it is unable to continue this procedure, you should not force it, so go back to eating. If you continue, the fasting will change to starvation, which causes emaciation and ends in death.

Even if you believe that you have not achieved your goals, stop fasting when your body clearly needs that. You can fast again later, when your body is ready to repeat this self-cleansing procedure. In fact, sometimes a series of shorter fasts is more efficient than one long fasting.

CONSCIOUS EATING

The Conscious Eating method, described in detail in HFT1, is the most proper and beneficial way of returning to eating. The longer was your fasting, the more sensitive is your body, therefore the more important it is to consume food consciously. You eat consciously if you follow and fulfill the real nutritional needs of your body; in this way you provide the best nutritional care to it.

If you start your food consumption from CE, you do not have to pay attention to the next five sub-chapters because CE include all necessary conditions of proper nourishing. However, if you cannot control yourself, then read farther what is important when returning to eating.

LONG CHEWING

The most important rule is to chew food properly to prepare it for farther digestion. Chewing involves physical and chemical processes, so it needs time. In order to support proper digestion, you should chew your food at least until it changes to liquid state in your mouth. It would be ideal if you chew it farther until it changes its taste, then swallow it.

SMALL AMOUNT

Start eating from small bites of food, much smaller than you usually do. Control yourself, chew every bite long time, then swallow it; then take

the next portion into your mouth.

SLOWLY

Most people dream about eating during fasting, so when they return to consuming food, they eat quickly like a wild man. That may spell problems with digestion – stomach pain and diarrhea are almost guaranteed. Eat slowly, the slower, the better. This may be a very beneficial exercise about self-control.

IN SILENCE

The return to eating, especially after long fasting, may be felt like a shock to your body, if you do not do it properly. What matters in this moment is that you feel your body and focus on its reaction to eating food. To stay focused, you need to be in silence. I suggest that you sit in a silent place, eat in silence while deeply feeling the body. You definitely will benefit.

CHOICE OF FOOD

There are endless discussions about what food to start with after fasting. Obviously, it would be careless to start with poisons, for example: highly processed food like fried or baked flour or meat, dairy, microwave oven cooked dishes, very salty or sweet products, long conserved canned stuff.

To start eating again, think about nature, choose as natural food as you can find. The best food is alive, be it a fruit or a plant. Before the first bite, focus on your body feeling, whether it wants to eat this food or not.

Many people start from drinking juices after fasting. That is an obvious error. Think logically, juices are made from blood of tormented and killed fruits or vegetables. Look at their aura, it is not shining as beautifully as

the aura of a living fruit or plant. Look at nature, it has no juices like that. Also, juices are not suitable for long chewing which is necessary for proper digestion.

If you really insist consuming juices, make sure that you sip a few drops and chew them long, before swallowing. However, it is much more beneficial for your body to chew a fruit or plant.

To make a long story short, when you start eating again, after fasting, it is much more important how you eat than what you eat. Even if you cannot control yourself and you feel that you must start from pizza; OK, go ahead but focus the utmost attention to **eating very slowly, in small bites and chewing very long.**

Be aware that the most important stage of fasting is actually the return to eating. You could achieve very beneficial results with fasting, but when you start eating badly, your body health may become worse than before fasting.

I know many people who hurt themselves with improperly done fasting; actually, it was the stage of returning to food. If that happens to you, then you will have a feeling that all that fasting effort was wasted.

I guess that if you go through the entire effort of the fasting procedure, you want to keep the beneficial health effects.

SYMPTOMS

I fasted about a hundred times in my life; as far as I remember, every fasting was different, however, all these fasts had one thing in common, different symptoms which means unpleasant experiences.

Unpleasant experiences happening to your body or psyche amid fasting, is nothing extraordinary and also nothing to be afraid of. On the contrary, symptoms are something which can be expected to happen while you are fasting.

Based on fasting experience from myself and from participants of my fasting retreats, I listed some commonly occurring symptoms. There are people who are fasting without any symptoms, and there are others who experience almost all of them. You never know what symptom you will deal with, until it appears.

Generally speaking, you should not be afraid of symptoms appearing amid fasting because they come and go after some time. A symptom usually means that a cure process is occurring, therefore it would be a mistake to stop fasting in this moment. Continue fasting, let the cure process fully occur; when it ends, the accompanying symptom disappears.

FEAR

There is nothing more scary than fear. Indeed, you can hurt yourself when you visualize something under the influence of fear. There is no need to do that during fasting.

To help yourself to delete fear of fasting, start with half day only, for example, do not eat your dinner and see if your body can survive this ☺. I bet it does. Then, repeat this half day fasting procedure several times.

The next step will be fasting for twenty four hours. Eat your breakfast and then count twenty four hours until your next breakfast. If your body is still alive, then repeat this one day fasting procedure several times.

Continue extending the fasting time. When the one day fasting becomes like no deal for you, perform two days fasting, several times. Then, add one more day to make it three days fasting. Then, add another day or two, to make it four or five days fasting. And so on, you can continue with extending the fasting time, until you feel no fear.

FEELING COLD

Especially in non-tropical climate, many fasting people feel too cold compared to what they normally would consider nice temperature. This is quite common symptom of fasting. Your fasting body is not burning carbohydrates because you do not eat them, so it needs to switch to energy saving mode. This feels as if your life energy was directed to be more concentrated inside within your body.

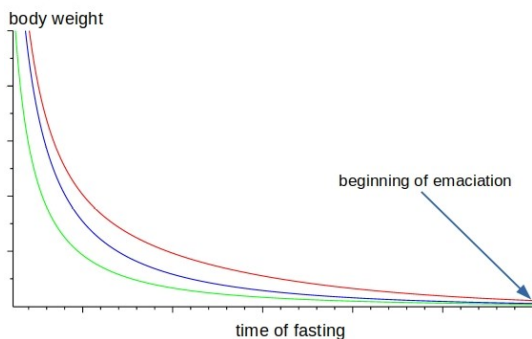
Feeling cold means that you need to provide warmth to your body. The most obvious action is to wear more clothes but this may not be enough. There are other efficient and beneficial methods which you already know:

1. Perform sufficient amount of physical and energizing exercises daily.
2. Expose your entire body to sunlight, so that the skin can sufficiently absorb life sustaining energy from the sky. Do this every day.
3. Practice daily the alternate shower technique described in HFT1.
4. Practice the dynamic Inner Joy exercise; the more often, the better.
5. Use visualization in which you imagine yourself feeling warm.

WEIGHT LOSS

Normally, you would expect to lose weight during fasting. In fact for many overweight people this is a desired result. However, there is a limit to your body, how much it can safely lose weight, that is burn/eat itself during fasting. This limit must not be crossed.

DECREASING BODY WEIGHT DURING FASTING



At the beginning of fasting, the body weight decreases quickly, but the longer you are fasting, the smaller become the daily body weight changes.

Different people lose weight at different rates.

The daily body weight

change may become less than a fifty grams, after longer time of fasting. If you drink water, your scale may show that today you are heavier than yesterday.

EMACIATION

Be aware of that dangerous point marked on the weight loss graph, where emaciation starts. Never continue fasting beyond it, because emaciation is a harmful result of starvation which ends in death.

How to recognize that starvation started? First, notice how you feel. Are you optimistic or you feel more and more depressed and you are losing interest in life?

How about your physical conditions? Do you feel that your body is weaker and weaker, as if it was losing its life energy? Do you feel continuously tired although you are exercising regularly?

If you are experiencing these symptoms, stop fasting immediately, because it may be starvation.

FEVER

This may mean that the body is fighting infection. Continue fasting, your body needs time to remove the infection cause. In case of too high fever, consult with a doctor who is experienced in healing with fasting.

DEHYDRATION

The body may lose some water, especially when you are dry fasting or not drinking enough water. Some dehydration is not dangerous, sometimes it is beneficial. However, be aware that if you allow your body to dehydrate too much, you may cross a point of no return, there will be no way to rescue the body back to life.

Observe your skin, if it is like paper, you may be at the dangerous point. Consult with a doctor experienced in fasting.

PAIN

Headache and stomachache are the most common pains happening amid fasting. Besides that, people may feel pain of any internal organ, a joint or bone. Pain may last from a few seconds to several days, depends on how much cure work your body has to do.

Generally, pain means that the body is curing something in that area, therefore there is no need to be afraid, you can continue fasting. Sometimes pain may be so strong that you will not be able to sleep. Do not take painkillers because you do not want to poison your body during fasting.

In case of doubts, consult a doctor experienced in fasting.

CHANGES ON SKIN

Skin can be cured with fasting very efficiently, but sometimes when this process occurs, you may experience rashes, an allergy may appear or even pain. Continue fasting, allow your skin to fully recover, so that it will be more and more beautiful. When it is fully recovered, it may again look like skin of baby.

SUDDEN ILLNESS

Some people are not aware that there is an asymptomatic illness in their body. While they are fasting, the body may accelerate the recovery process, but this may appear as a sudden, acute disease and cause suffering. Do not be frightened, continue your fasting. Of course, in case of doubts, consult an experienced fasting doctor.

DIZZINESS AND FAINTING

Dizziness is a very common symptom amid fasting, but it is not dangerous if you pay enough attention. What I mean is that you must be careful while standing up because dizziness may appear in this moment. If you stand up quickly and start walking, you may faint – this poses the major danger.

I remember a story of a man who was fasting. He fainted due to dizziness, fell down and hit his head badly. Nobody was around to help him, he died due to loss of too much blood. Later, a news paper wrote that that man died because he was fasting.

Be very careful, when you want to stand up, do it slowly, make sure that you are stable before you walk.

DROP OF BLOOD PRESSURE

Fasting causes blood pressure to stabilize well, however before it becomes stable like a rock, it may jump down or up. Lower pressure causes dizziness, so stay attentive during the entire time of low blood pressure.

As long as your blood pressure does not fall too low, you can continue fasting but do not allow it to drop too much because that would harm your body and it is too dangerous.

Help your body by doing physical and energizing exercises. If that is not enough, you might have to stop fasting, but this occurs rarely, rather among those who had very low blood pressure before they started fasting. Herbal teas can be used temporarily, to rise blood pressure. Of course, in case of doubts, consult a doctor experienced in fasting.

NAUSEA, VOMITING

Nausea is one of the most common symptoms that people experience amid fasting. Sometimes it gets more serious when the stomach or duodenum wants to get rid of something, then you must vomit.

Nausea is often accompanied by stomachache, this means that your stomach or duodenum is undergoing a cure process. When the pain is strong and lasts long, and you vomit blood or bile, it probably is an ulcer or stagnant bile (stones). Be patient, let it continue, until your body finishes stomach and duodenum cure.

You are lucky, you do not have to go under the scalpel, your stomach will be cured naturally. This body self-cure process rarely goes so bad that you need a doctor to help you but do not hesitate to ask for advice if you are in a trouble.

SWELLING

This happens rarely and does not require much attention. Some people may notice that their joints, especially knees or ankles slightly swelled. Any other body area, where curing occurs, may swell for a while. Just continue the fasting procedure, let your body finish the cure.

ARRHYTHMIC HEART

Sometimes people are afraid when they notice this reaction of their heart amid fasting. You may feel that your heart suddenly starts to beat fast and strong, then suddenly slows down, and this happens without any obvious reason.

Indeed this may happen at any moment, even when you are lying in a relaxed pose or sitting quietly. When the heart rhythm suddenly changes, you might feel little pain or experience short breath for a few seconds.

This kind of heart and breath issues will last until the blood circulation and heart are fully cured which may take a few days or longer. I remember, amid one of my longer fasts, I was experiencing arrhythmic heart and short breath for about five weeks until all went back to normal. Every of these arrhythmic heart behaviors lasted less than a minute.

LOOSE TEETH

About a week or so, counting from the beginning of fasting, you may notice that your teeth become little loosened. At the same time you and others may smell awful breath. This may mean that the gum is excreting pus from within your teeth. When this process of self-cleansing ends, the teeth will be fixed tight again.

Do not worry, your teeth probably will not be lost, unless there is a tooth in so bad condition that the body cannot keep it anymore. It may fall out, but be happy because the next tooth, probably your third one, will grow in the same place.

HAIR LOSS

Severe deficiency in some minerals and vitamins may cause increased loss of hair amid fasting. Another cause may be an illness of the skin or hair roots. In this case, new hair will grow after the curing is done.

Hair roots problems often arise from using poisonous chemicals found in cosmetics used on head, it could be in shampoo or hair conditioner. If the poisons accumulate in hair roots, fasting process will remove the poison with the poisoned hair first, so that later it can grow healthy hair again. Make sure that you use only edible cosmetics, I suggest.

When long fasting changes to starving, hair loss will increase, therefore you should not force your body to fast longer than it really needs.

PSYCHIC INSTABILITY

Amid the first several days of fasting, you may become unusually sensitive to external stimuli, which will make you easily irritated or angry. To your surprise, you may explode when irritated by small things. Other emotional states may arise so easily that you will wonder what has happened with you.

Well, that is quite common. During fasting, the senses widen their sensitivity; this puts the nerve system under higher pressure, so it may not have enough capacity to deal peacefully with all data. What was normal before, becomes too loud, too bright, etc. amid fasting.

DIFFERENT REALITY

The longer the fasting lasts, the more unusual the world may appear to you. You may be becoming less and less excited about everything in your life. This may make you to feel the world as if you became a very different man, because your perception will be changed.

You may notice things which you would call ‘unusual’ or ‘strange’, as if the laws of physics were altered. In other words, what you thought as “reality” before, now will not be real any longer. Your new reality will differ significantly from the reality of man eating normally.

Do not worry, you are not becoming crazy; on the contrary, the illusion of life is fading out and you are adjusting yourself to the truer reality. You might not like it or you will become very excited about this process of perception change.

OTHER

There are many other symptoms or unexpected reactions of your body and psyche which may occur. It may be difficult to list all of them here. Every man is different and may react differently to the same stimuli. Anyway, if something unexpected happens, do not make yourself scared; better if you relax, then think soberly and logically.

When fasting alone, it is a good idea to be in good touch with a specialist, be it a doctor who is experienced in fasting or a friend who has lots of experience in this field. Whenever you need help, you will be able to seek advise from them.

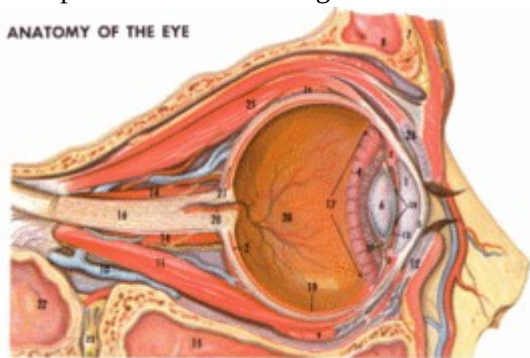
Be aware that, unfortunately, due to manipulations done to the medical education system, fasting is not a favorable object of teaching. This causes that doctors are not sufficiently educated about this most powerful natural method of restoring perfect health of man. Doctors must study and experience themselves with fasting, or they may not know enough and thus they will not be able to advice you well.

EYES CARE

More and more people suffer different eye issues, especially in cities. Majority of their eye problems are caused by not sufficient care. I am describing some simple eye care techniques which can be used also to cure eyes.

EYE MUSCLE GYMNASTICS

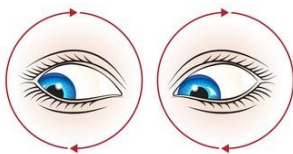
The human eyes produces sharp images when the eye muscles position and shape the eye globes with sufficient precision. Like all the other muscles in the body, also eye muscles must be sufficiently active to develop well and remain in good condition.



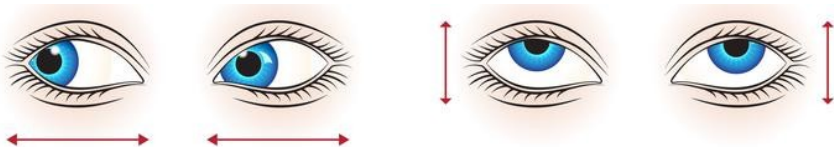
After you get up, wash your face, including eyes. Do some light gymnastics to fully wake up the body, then exercise the muscles of your eyes. You can elaborate your own set of eye gymnastics or exercise according to the following examples.

Do large circles with your eye globes. Starting from looking down, then slowly turn your eye globes left, then continue to the top, then right and down. This looks as if you were trying to watch along a large circle which is just behind your body, without turning your head. Do not move

your head. Repeat in this and in the opposite directions. Repeat every direction a dozen times or so.



Next muscle exercise will be moving your eyes left and right a dozen times or more. After this, do up and down eye movements.



First make all three sets of movements with you eyelids closed and then repeat all of them with the eyelids open. Eye muscles are like other muscles in the body, so give them moderate stress while exercising.

One more, very beneficial eye muscle exercise is like this. Stand in a place where you can see objects which are at least a few dozens of meters away.



Place your hand a dozen of centimeters away in front of your eyes. Relax your eyes but look at the skin, aim to see it sharp. Now, move your hand aside and watch an object far away, also aiming to see it sharp. Repeat this procedure of alternate looking at close and far objects a dozen of times.

If your daily work puts stress on your eyes, make a few breaks in order to repeat these exercises. There are many other exercises which aim to make the eye muscles work correctly. You can find tons of instructions, photos and videos on Internet; it is worth studying and practicing, especially if you would like to get rid of glasses.

THE BATES METHOD

Around the beginning of the twentieth century, doctor William Bates become famous for efficiently helping many people improve their eyesight by practicing exercises. Those of his patients who patiently practiced his method, improved eyesight so much that they no longer needed any glasses.

You can search books and watch videos on Internet presenting Bates method.

HOT VAPOR

I do this in the morning, usually when boiling water to prepare tea or coffee. While water is boiling, I move my face over the kettle so that my eyes are in the water vapor. Then, while looking down into the boiling water, I do circles with the eye globes. Thanks to this practice, my eyes are warmed and cleansed by the vapor.

After this warming and cleansing in the vapor, my eyes feel nicely refreshed and can see sharper. This is especially effective when the air is dry.

Be very careful while doing this exercise. Make sure that your face is far enough from the boiling water, so that you do not burn the skin or eyes. Especially the eye globes are sensitive and easy to harm with the hot

vapor, so really, be very careful with the proximity of your face to the boiling water.

MASSAGE and PALMS

Massaging the skin around the eyes improves energy and blood circulation which may be beneficial for your eyes. Be careful when massaging, do not touch your eye globes. Massage the skin and the bone, especially at its edge, around the eye.

After the massage, cover the eyes with your palms for at least a few minutes. Make sure that the eye globes do not touch the palms. Consciously relax your eyes and feel energizing and curing energy which emanates from the centers of the palms.

Relax and feel. Do this eye relaxing and energizing exercise whenever you feel that your eyes are stressed too much or tired. It is a beneficial idea to practice this curing exercise just before you go to bed. When you are in bed, before falling asleep, make sure that your eyes are deeply relaxed.

PINHOLE GLASSES



As you can see, it is not glasses but many small holes in a black surface which you put in front of your eyes. When your eyesight is not perfectly sharp, look through this device and compare, can you see clearer? Probably you can but first you need to get used to looking through the pinhole glasses.

People report that their eyesight significantly improved since they started to use pinhole glasses. Myself I also have been using them when reading small letters text. I noticed that the pinholes can be used instead of the standard glasses. The advantage is that the eyesight will not degenerate farther with time, as it happens with the normal glasses, in fact, it may improve.

LIGHTING

There is only one light which is not harmful to human eyes, it is the natural emanation from Sun called “day light”. Any artificial light source is harmful to eyes, so I suggest to use it only when really necessary.



If you must use artificial light, make sure that it is the old type called incandescent bulb, which is the least harmful. The light spectrum of incandescent bulb light is relatively close to the natural light of Sun.

The worst artificial light is produced by fluorescent tubes or bulbs. Although they save electricity, they emanate harmful ultraviolet light

which harms your skin and retina. The spectrum of fluorescent light is far from the day light of Sun. I suggest that you never use them indoor, especially not in places where you are reading. They may be useful outside to light surrounding of a building at nights, because you can save electricity.



Fluorescent bulbs and a tube.



LED light source is not as bad as the fluorescent one, but it is also harmful. Especially the blue component of LED emanation, may cause unrecoverable

damage to the retina of your eyes, although it takes long time.

Fluorescent and LED lighting and their harmful effect on the human eyes is a large topic. It is worth to do your own research if you want to know more scientific information.

Eyes are important, so I advise you, if you care about your them, use only natural lighting. If you must use artificial light, install only incandescent bulbs. It is a fact, that they use more electricity, but ... what is the cost of your health?

TO STUDY MORE

I did not describe and explain the topics of this book in as many details as I use to do when I teach in my seminars. There are two reasons, why. First, I do not want this book to be many times larger, with many detailed descriptions and examples or scientific explanations and proofs, because it is boring and discouraging for many people. Second, I prefer to wake interest in people, so that they do their own research, because then they can learn and remember more.

I guess that not all topics in this book are useful to you. When you find something that you need, then continue searching in different sources of information, so that you do not limit yourself. Then then experiment with it to have your experience and build your own knowledge. Be aware that lots of information on Internet are false or manipulated, so do not blindly believe and follow everything that you find.

You can join my seminars, which I described in HFT1. After the elementary seminar, which is roughly the content of HFT1, I bring my students to nature where they experience their own cures.

I sincerely advise you to continue learning, experiencing and building your knowledge. Please, read my next book, “Restore Life With Nature” which is part 3 in the series “Humankind Fundamental Teachings”.

All my books are free to download from the Internet. Please, share them with others, so that they also can benefit.

Master, enjoy your Life. ☀

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Restore Life with Nature

Humankind Fundamental Teachings
part 3

Joachim M Werdin

Restore Life with Nature

Humankind Fundamental Teachings, part 3

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Written by Joachim M Werdin

To contact the author:

WeChat: joachimwerdin

Skype: joachimwerdin

Minds: JMW

email: jmw {at} rosperos {dot} com

youtube: youtube.com/user/joachimwerdin

The copy right © belongs to the author but – I state this here now, once for ever, that – I let you do with this book whatever you want to. There is no need to ask me for any permission. The more you share, the more people benefit.

When teaching in my seminars, I explain much more compared to what is written in this book. If all would be written here, this book would have thousands of pages. I encourage you to participate in my seminars to learn deeper and practice.

The price of this book – your donation.

Having read this book, feel how valuable it is for you. If you can translate this value to money, I would appreciate your donation to my WeChat, AliPay or Paypal www.paypal.me/joachimwerdin .

If you prefer to recompense me in other ways, please, let me know.

IMPORTANT

First, I suggest that you **read parts 1 and 2** of “Humankind Fundamental Teachings” (abbreviation: HFT1&2) with deep attention. Both books can be downloaded for free from Internet. Knowing all information from HFT1&2 is essential for understanding the content of this book. You will miss a lot if you do not know HFT1&2.

From now on, I assume that you already possess all information from part 1 and 2, so you are ready to understand the following material.

There are two kinds of information in this book, timeless and current. The timeless means that it was, is and will be valid as long as humans are on Earth. The current is related to circumstances in months or years close to 2020, this information may not be valid in far future.

I hope that, having read HFT1, you are aware of the huge difference between information, belief and knowledge. If you are not, I suggest that you stop reading here and go back to HFT1; otherwise there is a high probability that you will misunderstand what is written in this book.

Be aware that some information shared in this book is what I believe, not what I know. However, before I decide to share any information, I first research it deeply to find out the truth. Still, I suggest that you **do not blindly believe** anything which is written here. Whether you believe it or not, I insist and I beg you, do your own research to experience it for yourself and to build your knowledge, otherwise you will not know.

In order to avoid misunderstanding, remember my two definitions: **nature** [noun] – all original life on Earth which is all organisms in its primordial or later self-developed state; it is sometimes called

“paradise”.

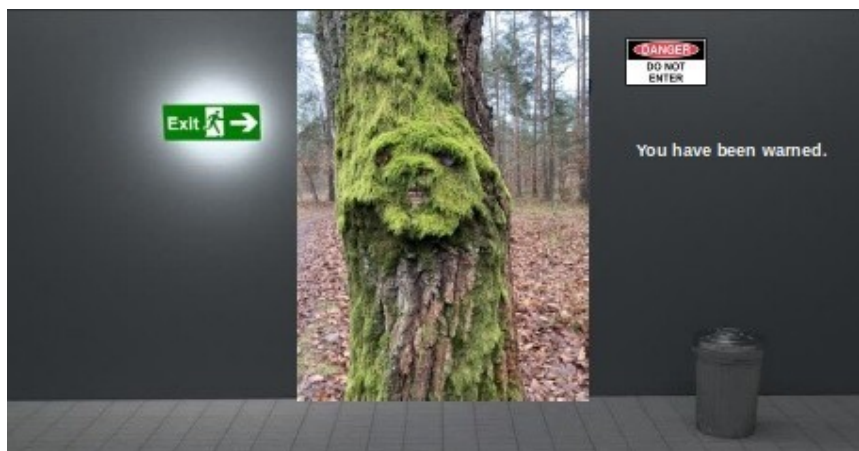
natural [adjective] – found in nature and never modified by man.

WARNING

I **never** have any intention to offend any man by expressing my **private** opinions publicly in this book. My opinions are **not** directed to any particular man unless I call their name. What I wrote here, it is not personally about you or directed to you. By sharing information in this book, I would like people to hear what I feel, believe and perceive.

On the other hand, if you have strong beliefs, especially if you follow a religion or so-called official mass-media, you may become unhappy or even angry when reading this book. The same can happen if you belief in widely popularized scientific information. If you do, you may consider not to read this book and leave it now.

However, if you risk to continue, be prepared for some shocking information, some content that may make you feel hurt or offended. If you feel so, that will be your own fault. **You have been warned.**



FROM PARADISE TO HELL

Paradise is a place of pristine abundant living in felicity. Nature has many paradises for man. When people appeared on Earth, they were living in paradise, so that they could experience the most supportive living conditions. People were enjoying their life in paradise, they were happy because they had everything that they ever needed.

While those people were living in accordance with life supporting principles, which is the law of nature, their place maintained all the characteristic features of paradise. People did not go to a job, they were healthy and food was plenty over there. Telepathy was naturally used as the communication method, so they did not talk much. Their mutual communication with the animals, plants and minerals was also perfect.

At some point, people started to err about the law of nature, in other words, they sinned against it. Nature does not punish any being but it never changes its law, which implies that it does not know mercy. Therefore when people sinned against nature, they automatically created the cause of their suffering.

The more those people erred about the law of nature, the less their living place maintained the characteristic features of paradise. While such erroneous behavior was spreading, the paradise supportive living conditions gradually diminished; this made people experience more and more suffering.

People continued sinning against nature. They built places of artificial living called cities, and facilities for technology development called factories. Although people suffered more, they believed that “economic development” can make them suffer less and “development of technology” allows them to live better. This kind of thinking made

people move farther away from nature; even worse, later they completely destroyed their paradise.

The new place of living which people have created, is called hell. “Hell” is an artificial environment where people in fear struggle with survival, so it is the opposite of “paradise”. The origin of hell is in the mind and it begins with the loss of connection to and understanding of nature.

While people were changing their living environment from paradise to hell, they also were gradually losing their mind abilities, also called “mind powers”. The tools, machines, advanced electronics and artificial intelligence, which people were gradually building, more and more impaired the mind powers and health, making people less conscious and self-aware.

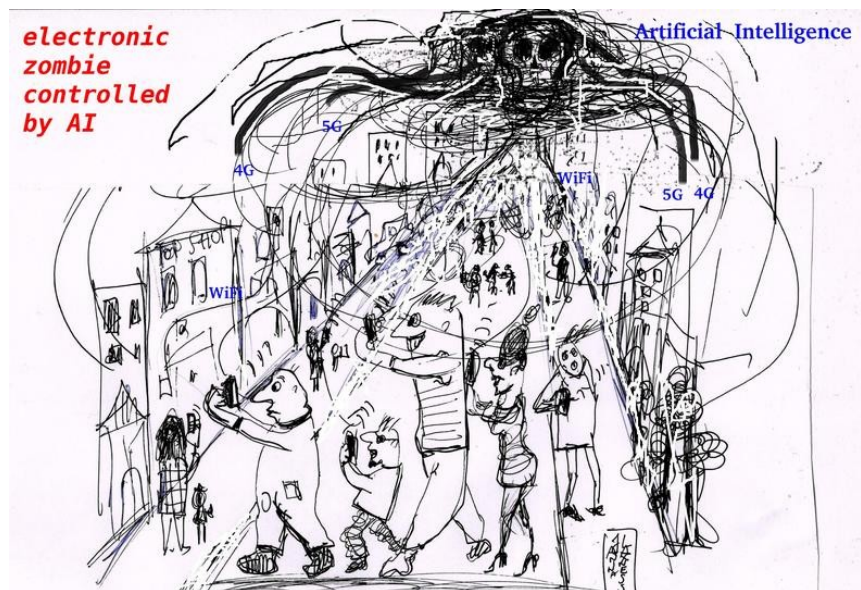
The development of technology and economy, which is commonly understood as the development of civilization, made people to think and behave like machines. Finally, artificial intelligence annihilated people and shortly later it completely destroyed itself due to an error.

PRESENT CIVILIZATION

The above story, which I wrote from my memory, describes a very short history of a typical human civilization on Earth. There were many civilizations on this planet; some of them spread on the entire Earth, other concentrated in some areas only. They followed the way described above, from paradise through hell to self-destruction. Remaining artifacts of those civilizations can be found in many places on Earth.

The present human civilization is following the same way again. People already have built hell and are suffering a lot. Their health is severely

degenerated, life span is shortened to a fraction of the original one thousand years. People lost most of their original mind powers, so now it is difficult for them to understand basic behavior of living consciously. Their telepathy is also gone, so they use phones which are primitive, harmful communication devices. They become significantly less self-aware and presently they mostly rely on electricity powered devices. Electromagnetic fields are destroying biological life. People forgot their origin and they no longer are capable of surviving in nature.



Masses of those deeply degenerated people are easily manipulated by some sinister individuals. Those individuals bring more suffering upon the masses by making them even more enslaved, ill and dumb.

There are still conscious individuals who strive to wake up the others and make people defend themselves against the destruction, slavery and manipulation. However there is a small hope for them. This civilization is on the way to self-destruction, as the other ones before. Only a

miracle or something extraordinary, that never happened before, would stop this process of human life destruction.

NATURAL DISASTERS

I wrote above that nature never changes its law and it does not punish any being but it also does not know mercy. According to the universal principle of cause and effect, when people break the law of nature, whether consciously or not, they bring suffering upon themselves.

Natural disasters can occur in any place, also where people live. If people suffered in places of natural disasters, it does not mean that nature punished them. People weakened their telepathy so much that they could no longer communicate with nature, so they could not sense the coming disaster. That is why they had chosen wrong place of living and could not foresee or avoid the disasters.

To avoid natural disasters and all possible dangers of living in nature, you must know the law of nature and live in accordance with it. Nature teaches you its law but you must be able to fully use telepathy, the universal communication method among all beings, to understand it.

CHOOSE YOUR PLACE

Be aware that nature is perfect. The word “perfect” implies that it cannot be improved, it cannot be made better. Nature is the strongest organism on Earth. Humans come, destroy nature and disappear, nature restores itself and forever remains.

If you are still self-aware enough, you can choose whether to live in paradise or in hell or somewhere between. Nature does not care what place you choose because it does not judge, it gives you all freedom you

need. Your choices will define most of your life, mainly it will be about how much suffering, joy and happiness you will experience.

Let me tell you frankly, if you live in hell and you believe that you cannot move to paradise, you probably already have lost much of your mind powers and courage, therefore your self-awareness has decreased severely and you follow belief and fear.

If you live in a big, crowded city, feel deeply within yourself what keeps you there. Unless, you consciously choose hell. ☺



Whenever nature needs to heal herself, she will do it regardless of where you live or what you do. If you happen to be there, you will suffer.

Do you get the point?

LAW OF NATURE

You can discover the rules of the law of nature while studying physics but that would make you drowned in innumerable details. Another way is to learn directly from nature, the best teacher on Earth who teaches only the truth because it has no belief. While learning from nature, you experience every lesson, so you really build your knowledge and can remember it well.

Here are some major rules which constitute the law of nature.

PERPETUAL CHANGE

Everything in nature is changing and nothing remains the same. The speed of the changing process can be from extremely slow to enormously quick, and the period of the change can last from almost an instant to eons.

We may not notice some changes because they are occurring too slow or last too long compared to our observation time. For example, man can live on a mountain for a hundred years and perceive that it remains unchanged. However, the same man can easily notice that plants, animals and people grow and age, or that weather is unpredictable, or that the river bank is eroding.



Many changes are periodical. They may be visualized like sinusoidal or more sophisticated waves, but generally if a move of a periodical change gets to an extreme, it will definitely go the opposite way. Therefore what has fully expanded, will condense; what has reached the

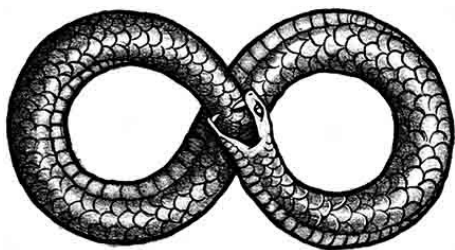
maximum of its development, will degenerate; what become brightest or hottest, will dim or cool; those who have achieved maximum strength, will weaken, etc.

Non-periodical changes make one shape or matter transform to another; for example, a baby grows to full strength body, then ages and degenerates to death, then the corpse is transformed to soil.

Knowledge and ability to foresee changes in nature allows you to create circumstances which you wish to experience. For example, if you are looking for a place to build your house, you can consider how all possible changes will influence your living conditions over there.

MOVEMENT

The main trait of Life is movement which is continuously present in all organism. In fact, it can be said that Life is movement because if something is dead, it does not move by itself. When a living organism completely stops moving, this means that it died.



The ancient symbol of eternal movement.

The movement, which is a trait of Life, does not have to be perceivable. Some organisms can move so fast or so slow that the human senses may not be able to notice the movements. Natural crystals seem to be dead but when we

look inside their molecular structure, we can see that there is a lot of energetic movement. In fact, not only crystals are alive, all atoms and

subatomic particle also live. Life is present everywhere.

You may ask: In nature, what is alive and what is not? That is usually ascertained by looking at the body of a plant, animal or man. When it is moving by itself (growing, walking, changing shape), it is alive.

THE STRONGER ONE REIGNS

This is one of universal principles which states that the stronger organism wins and then reigns. The weaker one has to surrender under the reign of the stronger one or leave. They may choose to fight, but if the fight is lost, the weaker one may be enslaved or killed.

To be stronger is not only about winning by use of physical force, it can also mean to win by being faster, deceptive, cunning, smarter, richer, superior in number, etc. Different methods to win in order to reign are used not only in nature. They are widely used also in human societies, especially by politicians, mass-media, advertising, religions, sellers, teachers, experts and other manipulators. However, in nature usually the physical features of a being decides about winning.

Be aware, that you must be strong and resistant in nature, physically and psychically because weak people have little chance of surviving. If you are weak, fearful, too sensitive, you may experience that living in nature makes you suffer too much. Unless others will always take sufficient care of you, be prepared that survival in nature may not be easy, especially at the beginning.

NO MERCY

Nature has no mercy, this means that the beings living naturally in nature strictly follow its rules. For example, if a lion is hungry and there

is a gazelle walking a few meters away, the lion will definitely kill the weaker animal.

The predator will not contemplate whether the prey is a poor mother struggling to feed their babies, or whether killing is bad, or whether karma will be back, or ... the predator will unhesitatingly catch and eat the prey alive, without feeling sorry or guilty. No mercy.

The same will happen in case of any other hungry predator which is an organism that primarily obtains food by killing and consuming of other organisms. This is how nature sustains its life. This mechanism functions perfectly.



Some people, based on their beliefs, judge this rule of nature to be cruel. Obviously, they create their own problem because they do not

understand nature which is perfect. Their judgment comes out of belief which proves their lack of basic knowledge and understanding of nature.

You can find out that the “no mercy” principle of nature also happens during natural disasters. Many innocent, good heart people suffer immensely. They complain to their god, asking why they were punished. Well, obviously, they have forgotten one of rules of nature.

You can think that it was an accident, karma, sin, punishment from god or anything else. The cold and simple fact is that nature does not brake its own law. Regardless of your belief, opinion or judgment, the “no mercy” is neither bad or good. It is just a rule to be followed by every being who wants to live in accordance with the law of nature.

RESTORE THE ORIGINAL

Nature has its own immune system and cure ability which repair its wounds and protect it against damages. If a damage is done to any element, nature will cure it. This functions can be compared to immune system and self-cure function of the human body.

Since nature is the strongest organism on Earth, it has enough power to remove anything which is not compatible with nature. For example, if genes of a plant were modified, nature will delete the modification, it will restore the original programming of the plant. In other words, any GMO will be treated as a virus which has to be deleted.

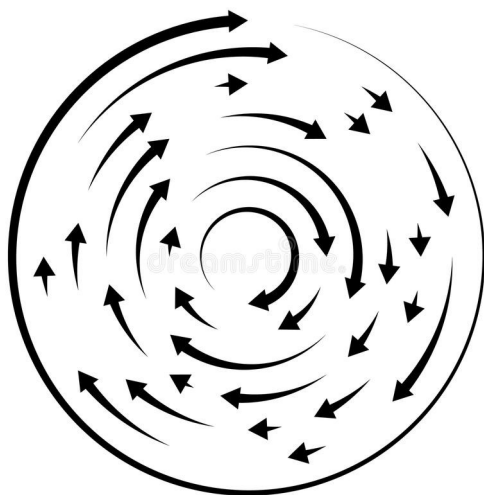
Any artificial change made on organisms of nature, will be reversed and the organism will be restored to the original, natural state or it will be annihilated. Nature is perfect, any genetic modification degenerates it, therefore it has to be removed and the perfection has to be restored.

CYCLES

Life manifestations go in circles. Giving birth creates new life of a being. The new life will develop but eventually it will end in death. The death supports giving new birth. This is the basic circle supporting life of beings in nature.

Nature lives as long as balance is maintained in this cycle.

More detailed explanation is in HFT1. Do you remember the snake eating its own tail?



The cycles of nature are supported by the rule of movement described earlier. There are many cycles in nature; the most widely known are, for example: day and night, four seasons of the year, the tides, the circadian rhythm.

NO WASTE

Have you noticed that nature does not produce any waste? Zero, nil because everything is moving and thus is reused in cycles – all works as a perfect mechanism. This is important to remember, if you want to follow the rules of nature, your life style may not produce any thing which will remain unused and pollute the environment. Producing any waste means breaking a the law of nature.

NO BELIEF



I am free of any belief, therefore I always strictly follow the law of nature.

HFT1 explains that a belief is simply a lack of knowledge and it is created in intellect of man. Nature has no belief, so it functions exactly as it was programmed. Thanks to “no belief” rule, man can learn truth directly from nature. This is why nature is the best teacher on Earth and teaches you only the truth.

NO JUDGMENT

Judgment is based solely on belief; since nature has no belief, it never judges any thing or any being. People have beliefs and therefore they create many judgments. Judgment is always wrong and blocks people from perceiving the truth.

CAUSE AND EFFECT

The principle of cause producing effect, or in other terms, action and reaction, is one of the most basic function of this universe, so, obviously, nature also manifests it.



When you can foresee the effect of your thoughts, words and actions, then you can create your experiences in life more consciously.

LOST CONNECTION

People who live in cities have lost the connection with nature. When those people go to the real nature, they feel lost. They watch but do not see, listen but do not hear, and the other senses also are not efficient enough.

Once, in Amazon jungle, we were walking with an aborigine who guided us at night. He insisted that we do not use electric torch because its light disturbed his vision. He said “You city people are so primitive. You even cannot see at night.” We had to keep very close to him because it was so dark that we hardly saw the path.

While he was walking in the front, he was warning us where to watch for branches, holes, big roots etc., so that we did not hurt ourselves on the path. He was walking as firmly as in the day.

He also told us that our senses, in general, are quite dimmed. For example, he could spot a snake in a grass from a dozen of meters, while we needed several seconds of watching the place that he pointed to us, before we could see the snake.

He also told me that animals of the same species can be recognized in the same way that we people recognize others, just by listening to the sound of their voice. He said, they hear the differences but the city people are almost deaf so they cannot recognize whether it is the same bird singing on the branch which was there before.

His senses worked at wider spectrum compared to ours, people who arrived from European cities. He could communicate with organisms in nature, so it was easy for him to find a specific plant or hunt an animal.

The aborigines in Amazon jungle rely on telepathy much more than we, “civilized people” do. Obviously, to communicate with nature sufficiently well, you must use telepathy, besides relying on your senses. “Otherwise you will not survive one night in the jungle, you will be eaten” – he was joking.

Really, spending a few days and nights in a jungle is a very valuable lesson. This may make you experience clearly how much people degenerated after they left the natural life in nature. You can also realize that there is only one way to really revitalize and regenerate your body and psyche. You shall go back to nature and learn living over there. That is how you can restore your lost connection.

IMAGINE A DISASTER

If you live in a big, crowded city full of noise, jammed traffic, poisoned air and water, saturated by electromagnetic fields, etc., in other words, hell; why do not you leave it?

Life in such a place is so fragile. Can you imagine, what will happen if failure of electrical power occurs for longer time? There would be no light, no warmth or air-conditioning, no water, no transportation, no food, no working hospital, no electronic communication, ... these and other things sustaining life of people quickly disappear.

What happens next? Search examples in history, such situations happened many times. First of all, do not delude yourself that the government, police or army will save you. They quickly will give up helping others and then they will think about saving themselves only.

Without the social order, people become natural in their behavior. This means that they start to behave like predators who mainly think about

surviving. Therefore, they will plunder, rob and kill; within just a few days, they will start to eat each other.

Amid such disaster, physical strength and weapons will have the highest value. Wild and scared people will do everything in order to survive, no law or moral rules will stop them, they will have less and less mercy. Imagine, how you will survive in such circumstances.



The longer lasts the blackout, the fewer people survive. If the electric power failure lasts a few months, only a few people and some hungry rats will remain in the city, also wild animals will appear. The destruction made by the looting and fights will leave the city in disastrous unlivable condition.

That was about a long lasting power failure, but there are other possible disastrous situations. For example, do you remember the pandemic started from 2020 year? That disaster was not as serious as the one

described above, however, many people suffered although they were not infected by the virus. I believe that you remember the lock-downs and the enormous damaged that they caused, numerous cases of sufferings and deaths. Were you well prepared before it occurred? Would you have prepared yourself better if you knew long in advance?

Now, if you are still imagining these or other city disasters, do not ask yourself whether they will occur, because the probability is close to the certainty. I suggest that you rather answer these questions: When? Am I prepared? Do I know what to do now and later when it happens? How will I and my loved ones survive?

Let me make myself clear. I do not intend to scare you; **no**, not at all. For this reason I am not going to describe many other possible disasters which can really happen. You can use your memory and imagination, if you want to ponder this topic.

I just shared my memories with you, to let you know what might happen. I like to make people aware when I suppose that they may have never imagined some probable scenarios which can dramatically impact their life. I just hope that once they are informed, they may think how to protect themselves. They are free to make their own conscious choice.

I often remind people living in hell, that they have a choice, they can go back to paradise. When they leave the city, move closer to nature and connect with it better, they may benefit beyond their expectations. I also advice people by saying: “Make yourself self-sufficient, especially with food, cure and shelter. This can be done in nature, it is almost impossible in the city.”

To deeper understand what I mean, I suggest that you read what I wrote about nature in HFT1&2.

RETURNING TO NATURE

Nature is the original environment of man who is an inseparable part of it. Man is fully supported in this natural environment because everything needed for their living is found there. When you know how to live naturally, you find everything for constructing your living space, for nourishing, curing and sustaining your family in nature.

Man born and brought up in a city, who never lived naturally, has lost the basic skills for living in nature. If such an inhabitant of a city is placed in nature, they will not survive long, some will not survive even one night, assuming that they had no experience about living in the wild.

On the other hand, nature is the source of life for the human body. The instinct programming and the resources providing energy and food, come from nature. Therefore, the further man separates themselves from nature, the more degenerates their body and psyche. They also suffer more diseases and their aging process accelerates. All of these causes earlier death.

Your body is an inseparable part of nature, therefore returning to nature is the only efficient solution to properly and holistically develop and sustain healthy life.

This is why I suggest you to think about moving back to nature. Invest your money to built a new household over there and live in accordance with law of nature. Build your self-sufficient living environment now, when you still can, when it is not too late.

To safely and healthy live in nature and follow its law, man must connect with nature and communicate properly with it. This is necessary if you want to know where and how to built the new household.

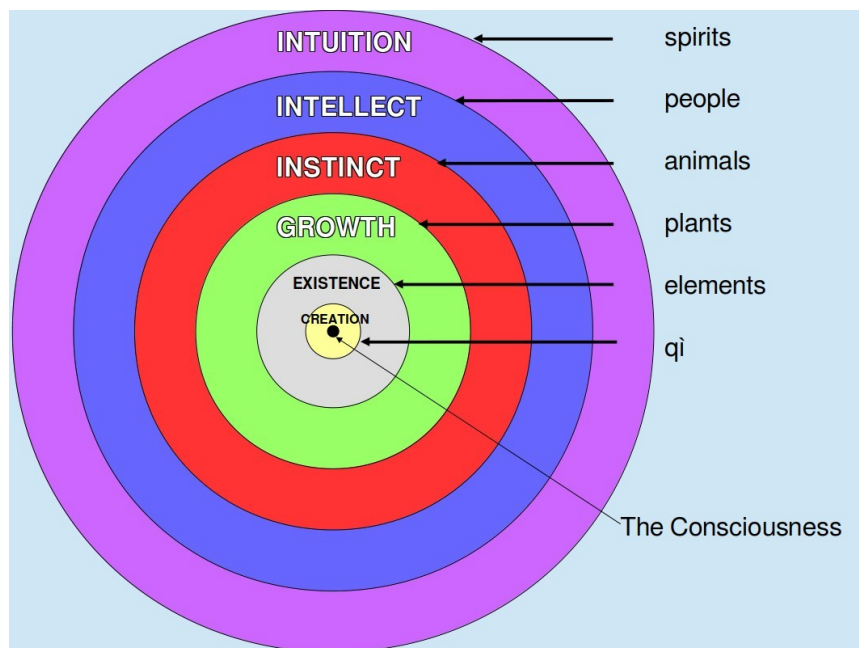
In the following chapters, I will describe some exercises which may help you to connect better with nature, so that you will be able to communicate with places, plants and animals more efficiently. I will share also about using natural remedies to revitalize and regenerate human body and psyche in nature. The exercises described in this book are practiced by participants of my seminars in nature.



CONNECTING WITH NATURE

Nature has no mercy, so making mistakes causes troubles including death, in other words, nature can be dangerous. In order to avoid the troubles, you must understand the messages which the environment sends to you. I suggest, before you can live safely in nature, learn how to communicate with the elements of nature.

Learning to communicate with the earth, mountain, sea, river, lake, trees, animals, rocks, etc. enables you to understand these elements of nature. You need this skill if you decide to live in accordance with law of nature and thus thrive safely.



Look at this picture. You remember from HFT1 that it presents spheres of life on Earth. To be more precise, I added one more circle, “creation” which expands directly from The Consciousness.

According to this picture:

- intuition is used to communicate with spirits,
- intellect is used to communicate with people,
- instinct is used to communicate with animals,
- growth is used to communicate with plants,
- existence is used to communicate with elements (minerals).

I am referring to mutual communication which means that beings can mutually exchange messages and understand each other. However, the term “understand” is used here in much wider sense compared to what people usually mean when they connect by speaking and listening.

Of course, to mutually exchange messages and understand each other, people use also their instinct and intuition, besides intellect, although they may not be aware of that. While mutually communicating, people primarily use their intellect; this means that they think about what they hear, see and feel. This is why “people” points to “intellect” on the above picture.

There are two directions to exchange messages in communication between beings, perceiving and sending. While one being is sending a message, the other one can perceive it. For example, while your uncle is talking to you, he is sending messages; while you are listening to him, you are consciously perceiving messages. While he is silent, you do not perceive his sound messages.

I assume that you remember from HFT1 how people perceive messages. They know instantly, while using intuition; they think analytically, while using intellect; they feel by senses, while using instinct.

Man primarily uses their intellect to communicate with other people.

How about communication with animals?

To perceive messages from animals, people can use their intellect and instinct. They can deal analytically with all the messages that animals are sending them. People can also stop thinking, become passive in order to feel messages that animals are sending them.

To send a message to an animal, man acts on animal instinct, not its intellect because animals stay focused in their instinct. For example, you would not tell the dog “Run to that tree, jump on it and come back to me.” Unless that animal has highly developed intellect, it will not understand your intellectual message. Instead of telling the animal what to do, you can take a rubber ring and throw so that it falls at the bottom of that tree. The dog will run, take the object and bring it back to you. Training of dog is not done not in a class room. Dogs are trained by making them to repeat simple tasks until they are done automatically.

I hope that you understand my explanation, what is the difference between sending a message to an animal by intellect or by instinct? When an animal sends you a message, you can use your instinct and intellect to understand it; but when you send a message to the animal, you need to activate its instinct.

I am explaining so much about sending and perceiving messages. I would like you to understand the essence of the above picture. This should help you to understand how to communicate with nature. The arrows relate the beings with the tools used for mutual communication; so, man → intellect, animal → instinct, and so on.

Man remains active primarily in their intellect to analyze information, therefore man uses thinking to deal with data coming to them from the senses. Therefore, what man sees, hears, smells, tastes, senses or feels

psychically is analyzed and interpreted in their intellect.

To understand messages from other people, is natural and easy for man. To understand messages from animals, is relatively difficult but it is possible after some training.

To understand messages from plants, is more difficult but it is also possible after further training.

Understanding messages from a mountain, earth, river, lake, ocean, rock, wind, and other elements of nature, is a puzzling task, but is still possible to develop this inborn ability.

Yes, you were born with the natural ability to understand messages from a mountain, earth, ocean, animal, tree, rock, wind or any other being in this universe. If you were living naturally in nature, this ability would have developed in you as well as other mind skills which you are using in your present life.

Nothing is entirely lost, your inborn abilities still can be developed by performing exercises designed for that purpose. To practice these exercises, you need to be in nature **without** any electronic devices.

ABOUT EXERCISING

I am going to describe some of these exercises. There is one common important requirement, you must **focus in your instinct while your intellect is passive**. The more passive the intellect becomes and the deeper you can focus in your instinct, the better will be the results.

Look at the above picture showing the spheres of life on Earth, once again. You see that a plant is deeper within the spheres. If you want to perceive messages from a plant, you also have to go deeper within your instinct, compared to receiving messages from an animal.

“Go deeper” basically means more relaxed body and more passive intellect. The deeper you go, the more connected to nature you become.

Some of the following exercises may seem strange to you. Sure, when you look at people who perform them, you may be scared by believing that they are mentally ill and dangerous individuals. Unless you know what they are practicing.

Then you know that they need to pave a way to do two things:

- release the intellect from controlling them along their belief, judgment and programmed behavior;
- allow their instinct to freely manifest its hidden or suppressed abilities.

This is why while the exercising people manifest some crazy behavior which they do not do in a society, unless they are really crazy.

I have designed these exercises to help you to break some psychic barriers and thus efficiently bring to you what you need in your practice to connecting with nature.

Since everybody is different, it may not fully suit your practice when you follow exactly the description, so you might need some individual adjustment. You may consider joining one of my seminars in nature, especially if you encounter difficulties amid practicing.

Generally, I suggest that you practice these exercises with a specialist. Unexpected things happen, sometimes dangerous, sometimes you may lose your self-control. It is a good idea to have an experienced teacher to watch you and help in case you need it.

EXERCISES

Are you ready to practice?

From now on, I assume that you are in nature. Find a safe place there and make sure that nobody can see or hear you. Be it far from any city, far from the civilization and without any electric device. Do not use any plastic, silicon or any other object made from non-natural materials.

Take off your cloths and stay there naked all time or at least when you exercise, if it is possible. Nature does not know cloths, they isolate you from the nature elements, thus your body cannot feel them freely. If you really cannot be naked, use your comfortable swimming suit which must be made from natural materials.

UNION WITH A PLACE

First, I suggest, read “full body relaxation” exercise in HFT1, if you do not practice it regularly. You need to learn how to relax deeply. This deep relaxation will be necessary in many exercises.

Union with the place is the simplest exercise because you have to do ... nothing. Exactly, the less you do, the better will be the result. “Nothing” relates also to thinking and to perceiving data from your senses.

Sit or lie down in a comfortable posture on the soil, grass, sand or rock. Make sure that nothing pinches or presses your body, so that your attention is not disturbed. Feel fully comfortable while sitting or lying there.

Release the tension of all the muscles. You can start from the top of your head; focus there for a while and release any tension. Relax all the face and jaw muscles. Next relax your entire neck. Continue with your

shoulders, relax them deeply. Go farther down, consequently muscle by muscle, to relax them. Continue this procedure until your toes. Then do the same, starting from the toes, consequently muscle by muscle, until your head. Make sure that your entire body is deeply relaxed.

Next. Relax your psyche, this means, remove attention from your senses and make your intellect passive, so that there is no thinking. If any thought appears, just detach from and ignore it.

While in this deeply physical and psychical relaxed state, focus effortlessly, without any pressure, on how you feel. You are united with nature in this deeply relaxed state, this makes your body to react differently. Feel without any thinking because thoughts disturb your passiveness. Stay open to whatever feeling comes to you from nature.



The more passive is your intellect and the more detached your attention is from the senses, the easier and deeper you can feel something unusual and indescribable from nature. You could feel that you are touching the spirit of nature in that place.

Remain in this fully relaxed state and immerse yourself deeper into feeling the spirit of nature. While this union between you and nature continues, you can suddenly discover that you understand messages being sent to you from that place.

Continue this exercise until it naturally ends. You do not need to think about how long to perform it, forget about time. Stay deeply relaxed, united with nature until this state fades out naturally. It may take only one minute or it may last for several hours. Your body is a part of nature, let them be united as long as they enjoy it. Be only a passive observer.

You can use this exercise to learn about the place where you stay. While you remain in this deep relaxed state, you shall be able to perceive messages from nature. These messages are not written, they are to be received telepathically so that you can learn things which are not visible.

SINKING IN A ROCK

The goal of this exercise is to connect to nature of a place by perceiving messages from a rock. Rocks are heavy, big solid bodies well united with the earth, this is why they are effective transmitters of messages of the place.

Find relatively big rock or stone, much bigger than your body, with relatively flat surface. Lie on its surface and make yourself comfortable. Lie on your abdomen. Open your mouth and rest your teeth on the rock. This may feel not comfortable when you try for the first time. Make your head stable by supporting it with your hands.

Close your eyes and relax the entire body. Feel the stone deeper and deeper, so that you can unite with it. Breathe in through the nose. Then, while exhaling through your mouth, emit a low frequency, deep sound

from within your belly. Inhale through your nose and again emit the deep sound through the mouth. Repeat this several times. While doing this, feel that your entire body is in union with the rock.



After several sound exhales, close your mouth, turn your head and rest it on the rock, on the right or left ear. Support your head with the hands if this feels more comfortable.

Now, listen to the rock. There is a sound emanating from the rock. This sound is the answer that the rock is messaging back to you, after you emanated a sound with your teeth resting on the rock. Listen, it comes from the deepness of the rock or from the earth below it.

Do not worry if your ear does not perceive any sound. Be patient because you are learning and restoring your skill to communicate with the earth through rocks, so continue practicing.

Probably, the first sound your ear will perceive is your heart beat reflected from the rock. Continue listening but stay relaxed and do not

engage in thinking, do not imagine any sound, do not compel yourself to hear it.

While listening to the rock, you must be sufficiently relaxed. If you do, you shall feel that you are sinking into the rock. Relax more and feel that the rock is opening the dark deepness of itself for you, then allow yourself to sink into it.

Sink deeper and deeper into the rock. You need to be fully relaxed, with passive intellect (no thinking) and allow this to happen. If you resist or if you imagine something, the sinking into the rock may not work.

Sooner or latter you will feel that you are sinking into the rock. Then you shall perceive messages from nature of that place. Of course, as in the previous exercise, these messages come because you have telepathic connection to the rock. You can have visions, hear sounds or sudden thoughts can appear. Stay fully relaxed and allow this to happen until it ends without your intervention.

Some rocks are more suitable than others to do this exercise. I call them “talkative”, because you can quickly connect to them and feel as if you were with a talkative friend. There are also rocks, which do not want to connect with you. Just leave them and find another one.

Be aware that if a rock is inhabited by an invisible being, it may be that being connecting to you, not the rock. Leave that rock, it is not suitable for connecting to nature of that place. Besides that, you may get in trouble with the invisible being.

Be safe when you choose the rock. Many people fall asleep while performing this exercise. Make sure that you will not fall off the rock or hurt yourself when you are moving while sleeping there.

SINKING IN THE EARTH

This exercises is very similar to “sinking in a rock” described just now. The procedure is the same. The difference is that you are connecting to Earth directly because your lie down on it. Instead of sinking in a rock, you sink into earth.

Instead of looking for a rock, you search the most suitable ground for the exercise. Use your feeling to find the right spot. It could be soil in a forest, grass or moss in a field, sand on a beach, or other natural surface on earth.

I suggest that you practice this on a beach at a lake or sea. In this case, there are two places worth trying. One is a spot on the dry sand, rather far from the water. The other is on the wet sand, closer to water, where the waves will reach your body but will not disturb your face. In this case water should not be cold because you need to feel comfortable.

Be careful so that while performing this exercise, you do not allow sand to fall in your eyes or nose. A place with too strong wind or too much sunshine may not be suitable.

Try this exercise when it is raining but not during thunderstorm, be safe.

BURIED IN SAND

You probably have seen children burying their parent with sand on a beach. This play can be turned to a nice exercise. It does not have to be on the beach, it can be in any place where you can cover your entire body with sand, while you are lying, except your head.

If you ask somebody to help you, make sure that you will be able to free yourself easily when you finish the exercise. You should lie on your

back and the head should be higher than the torso. Do not put too much sand on your chest, so that you can breath easily. Be careful not to throw sand in your eyes, mouth or ears.



While buried in the sand, relax your body and psyche. Imagine and feel that your body and the sand became united, so they are one living organism now, like one body. You and the planet are one body.

Since your body is one with Earth now, you can sense the planet, especially the earth in your area. Feel, do not think, do not imagine, just feel, feel whether there is a message for you. You can allow yourself to fall asleep, then you may receive messages in the dream.

CLOSED UNDERGROUND

Dig sufficiently deep and large hole in the earth, so that you can sit in it comfortably with your head just under the ground level. Choose a place

where the ground is not loose; for example a beach sand would not be suitable but near a forest with harder and more humid earth may be sufficiently stable to dig a round hole in it.

Sit comfortably in the hole. You can support your back on the wall. You may need an assistant to help you to cover the hole with branches. Then moss or leafs should be placed on the branches so that no light can enter the hole, but not too much because you need to breath freely. This is very important, so I repeat. No light but enough air to breath must be in the hole; in other words, the hole must be dark but airy. You might need to use a tube, to introduce air from outside to the bottom of the hole.

While sitting comfortably in the hole, relax your body and psyche. Imagine and feel that you are in the womb of Mother Earth. Feel her warmth and hear her heart beating. Can you also feel how she Loves you? Allow these kind of imagination and feelings develop in you.

You can ask Mother Earth questions, for example: “Mother, what is your message for me?” Do not try to imagine what the answer may be; instead, deepen your psyche relaxation. This may evoke unanticipated emotions, memories or visions in your mind. Let them develop, do not hold or stop them, you may need to deeply experience them because this is how Mother Earth is communicating with you. You remember that Earth uses telepathy, so it communicates with man through instinct.

When you finish your exercise, ask your assistant to slowly uncover the hole. Keep your eyes closed until they finish. Imagine that you are being born by slowly moving out from Mother Earth womb; do it slowly and with full self-awareness. Slowly open your eyes, let them adjust to light. Then slowly stand up and admire the new world around you. How does it feel to be reborn with messages from Mother Earth.

CONNECTING WITH A TREE

Trees, especially when forming a forest, are essential elements supporting life of many beings in nature. Since forests can serve as reserve of variety of food and building materials, they also provide ideal places for establishing home for people.

Not all trees support human life, therefore you may need to connect to trees in the area where you intend to found your home or just spend your vacation. When you connect with trees, you will be able to get their messages and thus learn how favorable they.

This exercise is easier to do with an old and big tree. Make sure that you choose a living and healthy tree, because they can give you the best support. Examine the tree before touching it.

Some trees are inhabited by spirits who may use them as their homes or source of energy (immaterial food). When you sense that there is a spirit in/around the tree, leave it and look for another, free tree to connect with. You may notice the presence of a spirit while approaching a tree or while connecting with it.

Once you have found a suitable tree, start the exercise. First, stand close to the trunk and face it. Close your eyes, relax your body and psyche. Feel whether this tree is friendly to you or if there is any spirit living in it. Do not imagine that, just stand there with passive intellect and open to receiving messages. Feel whether you can sense anything unpleasant or pushing you away from there. If yes, leave it, go to another tree and repeat the same procedure. Once you are certain that the tree is inviting you, continue the connection exercise.

Slowly approach the tree, put your palms on it, move them around to embrace the trunk. Lean your entire body, from the feet till the face, on the trunk, but do not force this position, because you need to be

comfortable while embracing the trunk.

While comfortably leaning on the tree and embracing it, put your nose and forehead on the trunk. Close your eyes, relax your body and psyche. Feel that the tree is living. Can you sense its breathing and movements?



While still supporting your forehead and nose on the tree, emit a sound from your belly, several times. This deep sound is your song of Love for the tree.

Then turn your head and put your ear on the trunk. Listen to the tree, it is answering you. Do not imagine anything or compel to hear the tree, just stay passive in your intellect. The more passive you can be, the sooner and clearer the answer will be perceivable to you.

While staying open to connecting with the tree, you can have a vision or hear sounds or you can feel something, for example an unexpected change in your mood, joy or Love. Let it happen, whatever comes to you, stay relaxed in the communion with the tree.

While connecting with trees, I found out that they like to communicate with people. I feel that they are quite talkative. Once I connect with a tree, our communication last as long as I am there. The tree will not withdraw from the connection until I decide to.

You never know what messages you are going to receive from the tree, so stay open and do not rush or push. Continue your connection with the tree until you feel enough or you sense that the tree has ended it. Sometimes the first connection is not successful; do not give up, you can do it again with the same tree, or go to find other one.

According to my experience, trees are very pleasant teachers. They can give you messages related to the soil, food, cure and the nearest environment. Feel, what they communicate to you, because they use telepathy.

CONNECTING WITH A ROCK

This exercise can be performed in places where rocks form walls, sometimes they are high and difficult to climb. It may be a cliff or mountain which rises steeply.

Stand close enough so that you touch the wall of the rock with your body. Put your forehead and nose on the rocky wall. It makes much better connection if you open your mouth and support your front teeth on the rock.

Then, as in the previous exercises, emit a sound from within your belly. This is your Love song for Mother Earth. After a few times, turn your head and touch the wall with your ear closely. Close your eyes, relax your body and psyche, listen to the rock. Listen and feel whether there is any message.



Proceed as in the previous exercises because the procedure is very similar. Keep your intellect passive because thinking will disturb the messages from the rock.

SEE HIDDEN IMAGES

In this exercise, you develop your inner vision in order to see messages formed as hidden images drawn by nature. You can see these images when you are looking at a mountain, vast land, forest, hills, desert, shore or any other place of nature. Different images will appear depending on the distance between the observer and the watched object. It may be easier if you start with a vertical wall formed by rocks.

As always when communicating with nature, allow telepathy, which implies that your intellect must be passive. Do not insist on seeing any specific image. Just relax, stay passive and wait whether an image emerges on the watched object.

Let us take the following photo as an example. Stand or sit comfortably in front of that cliff and relax your body and psyche. Look at that rocky wall. Relax also your eyes, do not force them to see sharply. Keep watching one spot without moving your eye globes. Try not to blink, but do not force it, so that you do not lose your relaxed state.

In several seconds, you may notice that the watched image starts to change. It may appear as shapeless form or it may suddenly reveal a clear picture of something that you did not notice before.



Move your eye globes slightly, look sharply for a second or two and stop them again at the same spot. Let them relax and wait whether the same picture is revealed; it probably will.

Continue this procedure, look at other spots and also look at the entire object without focusing at any spot. How many pictures can you recognize? Do they reveal any story?

Some of this pictures may be created by your imaginative power but others may be what nature is really displaying for you to see.

When you sufficiently master this technique of seeing hidden images from nature, you may discover how interesting it is. Nature memorizes what is most important in that place. It may be a significant historical man made event or a natural disaster. Then you may see scenes which describe what happened.

In other places, nature will show you, for example, which animals are living in that area. If large deposits of natural resources are in that area, sensitive people will be able to see it in the hidden images drawn by nature.

Using this method, you can recognize how suitable is a place for human settlement or any other purpose that you plan to realize over there.

Be aware that instead of real hidden images of nature, you may see illusions created by your imaginative skill. When you begin learning this technique, it is normal to see both the real images and illusions.

Continue exercising in order to learn how to distinguish between them. Illusions tend to appear when you are impatient and kind of forcing your mind to display images. The more passive is your intellect, especially the imaginative power, the higher the chance to see real images and less probability for illusions.

SEEING SHAPES IN THE AIR

Air is not homogeneous, it is a continuously moving mass which has structures similar to streams, rivers, vortexes, lakes and other within itself. What kind of structures and movements there are in the air and how they move, depends on the shape of land.

These moving structures are energetic in their nature, so they influence all objects that they meet on their way. This influence causes changes which may be beneficial or harmful. They may support or harm life of plants, animals and humans. Therefore, it is important to sense these air movements and their influence on beings, especially in places where you intend to dwell.

Here is a method, which you can use to sense the structural shapes and energy flow in air of different places.

Stand barefoot freely and relax your body. If you prefer, you can sit comfortable on a chair or the earth. Breathe freely and a little deeper, slower than usually. Close your eyes and make the intellect passive. Remain in this body and psyche relaxed state for a few minutes, let it deepen naturally.

While in this relaxed state, partially slowly open your eyes but do not force them to see clearly, let them remain relaxed. Look lazily forward, do not focus on any place and do not move your eyes. Remain like this to see if any shapes created by moving structures of air emerge, but do not imagine them or compel yourself to see anything.

You need to repeat this exercise in several places where you would like to dwell. In every place, look at a few different directions using the procedure described above.

While seeing shapes in the air, you may also feel something unusual, physically with your body or emotionally. Are these feelings light and pleasant or kind of heavy? Does the air feel as if it was inviting you to stay there or repelling you? Do you see and feel air or spirits?

The summary of all the observations and feelings will make you know about energetic influences found in that area.

REGENERATING IN NATURE

The human body has unimaginable self-regenerating capability but it needs energy to perform the self-reparations. By providing your body with life energy directly from nature, you revitalize it and thus initiate body and psyche regenerative process.

The human body is an inseparable part of nature. It is build from elements of nature. When the functions of the human body are distorted by artificial environment, the programming of instinct may be affected; this creates diseases. These diseases can be removed when the programming is restored, then the body health is regenerated.

Nature, as the strongest organism on Earth, is the major source of life for the human body. The farther man has moved from nature, the less life energy can absorb their body. Obviously, the amount of life energy which the body can utilize, determines its health and lifespan.

In simple words:

- less life energy = the body is weaker, more prone to illness, has shorter lifespan;
- more life energy = the body is stronger, more resistant against illness, has longer lifespan.

Since nature is the strongest organism on Earth and it restores the proper programming of the human body, nature is the most natural place for people to dwell. If you live far from nature, you need to return to it, to revitalize your body and psyche.

When you come to nature, it immediately provides you with life energy and starts to restore the programming of your instinct. You do not need to ask for that, you even do not need to be aware that this process is occurring.

This is very similar to what happens when a baby finds their mother and lies on her belly to rest and regenerate. Naturally, the baby does not need to ask her because the mother happily takes care of her beloved baby without being encouraged to do that.

Just staying in nature, especially sleeping in the forest, regenerates you in natural way. Therefore when you go there, you do not have to perform anything special. However, if you want to benefit much more, especially if you want to accelerate the reviving and regenerating, you can perform some exercises.

The following exercises are designed to help you to regenerate your body and psyche efficiently. While you are restoring the programming of your instinct, you are also curing yourself. Therefore the following exercises revitalize and regenerate you, and restore perfect health.

DRAWING LIFE ENERGY

This picture lists nature elements from which you can draw their life energy directly into yourself.

NATURE'S ELEMENTS PROVIDING LIFE ENERGY FOR MAN

1. earth
2. tree
3. plant
4. rock
5. wind
6. rain
7. Sun
8. ocean
9. river
10. lake
11. animal
12. Moon



You could imagine that energy of these twelve sources is like twelve different types of food. Your body may need one type of food at specific time, while other types may not be beneficial. Therefore, feel which one your body needs before you decide to draw and absorb it from any of these sources.

To fully benefit from this exercises, take off all your clothes before you start practicing, be naked as nature has created you. In this most natural way, your skin can interact directly with the sunlight, wind, water, soil, etc. If you must wear clothes, make sure that they are not made of

plastic or any other artificial substance. Also, your clothes should be very comfortable, maybe little loose, so that they do not disturb your skin.

EARTH

Lie down on your belly, on the earth, whether it is sand on a beach, soil in a forest, grass in a field or even small stones Put your head on the earth and use your hands to support it, if this feels easier; if not, extend your hands freely. Keep your legs naturally straight with the feet separated.

Relax your entire body from the head till the toes. Let your emotions and thoughts go freely away. Focus on perceiving the earth as a living organism. Feel how energy of the earth is pulsating and is available for you to absorb it.



Now, imagine that your body absorbs life energy of the earth. Only the front part of your body, which faces the earth, absorbs energy. You can imagine that this part of the body surface functions as if it was a vacuum cleaner. It may be easier for you to imagine that you suck energy from the earth while you inhale.

Inhale, suck or just absorb energy of the earth, drawing it from this living organism into your body. Feel that with every intake of energy your body is energized more and more. Continue until you are satiated which means that your body is full of energy.

You can also do this exercise while lying on your back. Use the same procedure. You can first practice while lying on your belly, then turn your body and continue while lying on your back. Practice both ways and then choose what makes your more energized.

TREE

Find a big and healthy tree. Embrace it the same way that is described earlier in “connecting with a tree” chapter. Feel whether this tree is favorable for you and no spirit dwells in it. If you feel that something is wrong, leave it and find a tree which you feel as a friend.

While embracing the tree, imagine that your body sucks or inhales its life energy. Many people find it easier to imagine that with every inhale, their body sucks energy like a vacuum. You can also imagine that your body breathes in the energy from the tree.

Continue as long as you feel that the tree is voluntarily giving you its energy or until you feel full. It can happen at any moment that you suddenly feel something is wrong or the tree resists giving. Stop absorbing energy from the tree even if it is only a very slight feeling.

Tree is like a mother and you are like her baby. If the tree is not occupied by other being, it will feed you with Love, when you need it.

PLANT

You can absorb plant energy using your hands. Bring your palms close to the living object or hold it between your palms. Usually, this technique is used to absorb energy from a fruit, flower or leaf.

Relax your body and psyche. Bring your palms close to the living object and feel the connection with it. Your palms may give you a sensation as if there was subtle electric emanation from the object.

Next, imagine that your palms can pull or suck, as if they were a magnet or vacuum cleaner. Imagine that life energy flows from the living object to your palms, thus energizing the body. Continue until you feel satiated or the living object is depleted of life energy.

This technique of drawing life energy from a living object is used for eating immaterial food. When you master this technique, your body may require less physical food.

ROCK

A rock or big stone, if it is not occupied by a spirit, may be a very suitable place for charging your body with energy that helps you to ground yourself. People whose character has fire or wind features, benefit from absorbing rock energy because they can better cool down and relax.

Lie down and relax as described in “sinking in a rock” exercise. As I described in the above exercises, imagine that your body breaths in the life energy of the rock, or that your body can function similar to a vacuum cleaner and it can suck the rock energy.



The bigger is the rock, the more powerful is its energy. To feel the difference, do this exercise with rocks of different sizes and also in different places. You may find out that big stones, rocks in river are quite different compared to rocks in a forest or in a mountain area.

WIND

Wind carries great amount of life energy, so it feel like refreshing and flying. When you feel that you need to be recharged with this kind of energy, allow wind to act on your entire body. Wind energy is usually very beneficial for people having the earth and water features in their character, in other words, people slow in their actions and deeply grounded.

Stand freely facing the wind. Your feet should be apart more than usually when you stand freely. Your hands should be open stretched apart as if you wanted to expose maximum area of your body front to the wind and wanted to catch it.

Relax your body and psyche. Feel how the wind is blowing on your face and embracing you. Allow its energy to be absorbed and accumulated by your body. Feel how the wind energy is charging you. Keep like that until you feel satiated.

RAIN

Rain life energy is refreshing. This feels like taking a shower which washes off the dirt from the body and psyche. This is what you can imagine while you are standing in the rain and absorbing its energy.

Stand freely with your feet separated larger than usually. Your hands are stretched far apart and you are facing the rain, therefore you are looking at the sky.

While standing in the rain, imagine that every droplet is charged with energy. Feel like every droplet falling on your body gives you its energy and thus charges your body. Also, feel that the water is washing away all your worries and thus you feel more and more happy.

This way of absorbing rain energy can also be done during the thunderstorm. However be aware that it may endanger your life, so you are taking a high risk. In order to avoid being hit by the lighting, you should be standing in a lowest place with is surrounded by object much higher than you, for example hills. Avoid standing close to trees.

If you do this exercise during the thunderstorm, you will feel much higher amount of energy. It feels as if you were absorbing the powerful energy of the thunders. You might feel the vibrations of the powerful light and sound waving though your body.

When you feel enough, go back to your shelter. I suggest that you do not dry your body with a towel and do not use hair dryer, let it dry naturally. If you feel cold, energize and warm up yourself with physical exercises. In fact, it may be a favorite moment to exercise the dynamic Inner Joy which is described in HFT1. Do that and I am sure that you will feel very energized and happy.

SUN

Whenever Sun lights its rays on your skin, your body is absorbing energy sent by Sun. In order to properly absorb this energy, man must expose their entire skin to sunlight. In fact, sunlight is highly energizing food for the human body.

Like in case of any food, nourishing your skin with sunlight for too long is harmful and burns it. If your skin is not accustomed for daily sunlight exposure, you need to start from no longer than a dozen minutes for the first exercise, then gradually extend exercising time. This exercise is not about skin tanning.

Find a sunny place. Stand freely, naked and barefoot on the earth or a rock. Naturally relax your body and psyche. Close your eyes and turn your face to Sun. Focus on feeling how the sun rays falling on your skin make it warm and cause energetic sensations.

Start turning yourself very slowly so that the sun rays can reach your skin directly from all sides. You should easily feel how your entire body is filling with energy.

Next, imagine and feel how your skin became transparent, so that the sun rays pass through it and enter deeper into your body, reaching all the organs and powering them.

SUN GAZING

Sun gazing is an ancient method of nourishing the body with sunlight directly falling into the eyes. The sunlight is absorbed by the retinas. This increases current transmitted deeply into the region of pineal and pituitary glands. This exercise energizes especially the nerve and endocrine systems, this makes man feel full of life energy.

Based on my experience, I am describing sun gazing mostly according to what Hira Ratan Manek was teaching. He is famous for popularizing this ancient technique. You can find his and similar web sites on Internet.

A few minutes before the sunrise, stand barefoot on the earth and look at the place where Sun is going to rise. Gaze Sun from the first rays until it entirely emerges from behind the horizon, then stop. This short time in the first day, no longer.

Next day repeat this procedure but add ten seconds to your gazing time. In the third morning, repeat this procedure but add another ten seconds. In summary, you have extended your gazing time by twenty seconds.

Continue like this daily, adding ten more seconds every day. If you gaze Sun every day, you will be able to gaze for over nine hundred seconds (fifteen minutes) after three months.

The longer you practice this exercise, the more energized and healthier your body becomes. According to what Hira Ratan Manek said, after about seven months of daily gazing, all your diseases should be gone; after nine months, your body should be energized so deeply that it will not feel hunger. Therefore you may be able to live without consuming any food, you may become an inediate.

Hira recommends not to extend the maximum time allowed for sun gazing beyond forty four minutes. He also advises to gaze only at the sunrise or sunset, never in the day because it may hurt your retinas.

Based on my experience, I advise you **not** to increase the gazing time too quickly. I did this mistake. When I was at the stage of sun gazing for ten minutes, I increased to fifteen minutes in the next day. That caused unpleasant burning in my eyes during the sun gazing. Later I noticed that there were two round spots in my vision, which had not disappeared after the extended sun gazing that day. Too late, my retinas were burned. It took me about one year to recover my eyes back to the healthy vision.

OCEAN

The organism consisting of the world oceans is supporting life of innumerable beings, that is why it is regarded as one of main sources of life on Earth. Obviously, oceans are almost nondepletable source of life energy.

You can feel that this energy can be very different depending on location and behavior of water. How do you feel when you sit on the beach of a very serene ocean? Compare it to what you feel while sitting in a place where waves are dashing against the rocks, creating high bursts of bubbling water.

The more violent is the ocean water, the more energetic is that place. When you choose such a place for exercising, be very careful because it may be endangering your life. Take care of your safety first.

While you practice absorbing life energy of the ocean in a place like that, you can really experience strong sensation of energy passing throughout your body.

It is the same procedure regardless of where you chose to exercise. You can stand, sit or lie down; just find your most convenient place to exercise, then choose your desired posture.

Release all unnecessary tensions in your body, also relax your psyche. Focus on what your body feels and how this feeling changes with the activity of the ocean. When the water is peaceful, you probably will feel stable flow of ocean life energy. When the waves are forcibly dashing against the rocks (as on the photo below), you will probably feel that the life energy flow through your body is dynamically changing with every smash of the water. You can feel frighten sometimes.



**THE MORE DANGEROUS IS A PLACE IN NATURE,
THE MORE ENERGIZING IT CAN BE FOR MAN.**

Open yourself to energy of the ocean, so that you can fully absorb it. You may find it easy with the serene ocean. However, wild ocean

throwing waves against you may create a challenge for you. Nevertheless, position yourself safely and exercise. You will benefit a lot from the ocean charging you with its life energy.

There is a different exercise to absorb energy of ocean. To do it you need to stand or half lie in the water, with your body submerged till the neck. The waves should not disturb your breathing or vision. If the waves are higher, stand in shallower water.



Focus on what your body feels while it is submerged in the water that is the body of the huge ocean. Feel also how the ocean water is caressing your skin. Feel how life of the ocean pulsates with every movement of the water. Allow your body to absorb these pulsating waves of ocean energy. Feel like your body, consisting mostly of water, become united with the ocean. Enjoy this deep union.

Another exercise, which you can do for absorbing energy of ocean, is performed in floating position. This can be done in a serene water of very low wave amplitude. Try, when you are semi-lying on/in the water, if you can freely float in it. If yes, then proceed with the same procedure.

LAKE

To absorb energy from a lake, you can exercise in the same way as you do with the ocean. There is a significant difference between feeling lakes and the ocean. Do the body floating if the water is serene.



RIVER

There are two distinctive places in rivers. One is a bay situated far from the current, where the water seems not to move much, like in a lake. The other is the current in the middle of the river, the place of the most rapidly flowing water.

Exercising in a bay of a river is very similar to doing this in a lake, so you can use the same procedures.

Exercising in the river current is a different matter because you first need to plan and check where the current will carry you. Also make sure that you will be safe while the current is moving your body, it may be much faster than you supposed.

When you decide to exercise in the river current, you can either let the river carry you along, or you can use a rope or other object to fix you in one place. If you fix yourself in one place, by whatever means it be, make sure that you can safely and easily detach your body.

On the other hand, if the current is sufficiently slow and the river is shallow, you can stand or sit on its bed and exercise. Enjoy the water, feel how it is caressing your body and energizing it.

Whichever place of the river it is, you can exercise following the descriptions in “ocean”, or you can modify them. For example, when you are in the middle of the river, let your body float and be carried away. Keep your eyes open, look at the sky and feel how you become united with the river. While being carried by the flowing water, feel the life energy of the river and allow your body to absorb it, to be charged by the water current.

STREAM

The stream is also a small river, usually shallow, but its water is flowing fast. It may be dangerous to allow the stream to carry your floating body, especially if there are rocks over there.

Sit, stand or even lie down in the stream allowing the water to flow around your body. Make sure that the fast flowing water will not carry you away. When you are in a stable position, relax.

Close your eyes and relax your body and psyche. Feel how the energetically flowing water is massaging your body. Imagine and feel how you are absorbing the energy of this stream.



WATERFALL

Waterfall is a specific, very energetic place of a stream or river, which can be used to efficiently energize the human body. While you do the following energizing exercise, you also cure your body and psyche.

Find a place where you can safely stand or sit under the waterfall. You should face the inner side of the waterfall, it is probably a rock. In this position, most waterfalls allow you to breathe while the water is falling on your head and shoulders.

What follows now is the key of this exercise. Shout crazily as loudly as you can. Make sure the you use your entire strength to shout. If you do, you will achieve the best result. Continue shouting like crazy until you naturally start to cry or feel that it is enough because you are exhausted.



While shouting, you may suddenly feel like crying. Please, do cry freely, loudly and sincerely without the slightest hesitation. Do not try to control how you cry, do it naturally even if you look like a mad man. This is OK, because you are exercising something very beneficial which regenerates your psyche. Cry as long as you feel to, do not force yourself to stop, continue until you do not feel like crying any longer.

Then relax and stay in silence. Feel that the falling water energizes your body and pacifies your psyche. Be open to energy of the waterfall and allow it to regenerate your body. At the end of this exercise, you may feel as if you were reborn.

ANIMALS

Be aware that drawing life energy from animals will weaken or even kill them. If you feel that you need this type of life energy, choose rather a big animal. Among home animals, choose those who stay on the field most of their life and eat natural food, for example cows or horses.



Before absorbing life energy of an animal, make sure that it does agree. If the animal is peaceful with you, you can start by first caressing it. Then embrace it and talk to it with love. Ask for permission and feel whether the animal is willing to give you its own life energy. Use known to you methods of drawing life energy, for example, the one described above in the chapter “tree”.

It may be difficult for you to find a wild animal living naturally and willing to give you its life energy. Rarely a wild animal will come to you voluntarily. When you sit peacefully in nature, a healthy wild animal

may approach you and touch your body or even rest at your feet. This animal may be giving itself to you to eat it or to draw its life energy. If the animal is standing and touching you, or maybe licking you, it is probably healing your body, so stay peaceful. Open yourself for the healing and enjoy it.

If the animal is lying very close to you, you can put your hands on its body. If the animal is big, you can also embrace it and put your head on its body. Listen to its heart and feel like the life energy is transmitted to you. To amplify the transmission, imagine that you your body sucks the animal life energy. Stop when you have enough or when you feel that the animal wants to stop.

MOON



Normally, the moon emanates energy which is not beneficial for man, therefore looking at it may be harmful, especially during the full moon

night. If one day, which is quite unlikely, you will need energy from the moon, you can draw it while facing the light at night.

Stand or sit freely and relax your body and psyche. Close your eyes and turn your face to the moon. Relax deeper and feel how the light of the moon falls on your face. Let the skin of your face absorb this light.

Open your eyes and gaze the moon. Now its light energy enters your brain and it influences the pineal and pituitary glands. Feel how you are absorbing energy of the moon light through the eyes. How does this influence your body and spirit.

You can also extend your hands and let the palms face the moon. Imagine how they are drawing energy of the light into your body.

TREE EXERCISE



This exercise is described in “tree exercise” chapter in HFT1, please reread and then practice it regularly. By sufficiently practicing this simple exercise, you efficiently energize your body and make it like a strong a tree. When you keep your body energized in this way, you make it resistant against diseases and also expand its lifespan.

INNER JOY EXERCISE

Look for “inner joy” chapter in HFT1. I suggest that you practice the passive and dynamic versions of this exercise. This is another natural activity which looks like a children play but when you regularly practice Inner Joy, you may achieve miraculous results, beyond your imagination. Sense this powerful life energy which can make you fly.

**I allow my Inner Joy to emanate freely,
thus I feel Love and see Light.**



“Mastering Inner Joy allows man to keep their body in perfect health eternally. When you allow the source of life to emanate sufficiently, you are joyful and happy. In this highly energized state, you can kill or heal others just by touching them. While being so energized, your body does not need to consume anything to function perfectly.” This exercise is a key to physical immortality.

FIERCE CHILD

This is an outstanding exercise. On the one hand, it strongly unites you with nature; on the other hand, it deeply cures your psyche.

Nature is your mother, you are her child. When a child struggles long to achieve something but do not succeed, they might experience psychic crisis. This make them explode emotionally and thus act fiercely

sometimes. Mother nature allows such behavior when it is necessary for restoration of full power of the nerve system.

The society created by people, with its moral rules, normally does not allow fierce behavior, therefore people strangle with their emotional issues within themselves. This leads to accumulation of unexpressed emotions which causes psychic problems which latter harm the body physically.

This exercise allows you to get rid of the inner emotional issues, while you allow natural behavior of the fierce child. Yes, there is a child hidden deeply within man of the society, a suffering child who needs cure in the bosom of mother nature. If you allow your inner child to cure, you will feel as if you were reborn and reunited with nature, after the exercise.

Depending on your character and on what psychic issues you have hidden within yourself, the performance of this exercise may cause more or less fierce behavior.

During this exercise, allow yourself to behave entirely free. This means that you can do whatever you feel or wish to, there is no line. But there is one exception, you cannot harm yourself or others. This is important because you want to cure, not harm yourself.

A place in the forest is suitable for this exercise. Clean this place from any objects that may harm you if you stumble on them, for example sharp stones or thorns.

Stand freely. Start breathing deeply and quickly through your mouth, so that you over oxygenate your blood. After a dozen or more of seconds, you may feel little dizziness. Then, fall on your knees and then fall softly on your belly. Lay your face on the earth.

Extend your hands and embrace Mother Earth. Say loudly something like: “Mother, I am your child. Unite with me and cure me fully.” Feel, feel how Mother Earth is emanating her Love to you.

While still facing the earth, emit a deep sound originating from within your belly, through your open mouth, directed to the ground. Do it loudly many times until you feel emotions arise, then let the emotions rule you. Yes, release any behavioral control over you and allow the emotions fully rule you. Feel entirely free without any self-judgment.

To help yourself, you can say loudly or shout a few times something like: “Mother, I am united with you and I fully allow all my problems to come out and I let you cure me and clean me of any issues.”

Fully open yourself to any feelings and emotions that want to emerge. Let them out without controlling yourself. Your behavior is now fully ruled by your emotions, as if you were an animal without any intellect. If you feel like crying – do cry madly. If you feel like laughing, do laugh like a crazy man. If you feel like shouting, do shout loudly like you never did in your entire life. If you feel like calling names, do that without any hesitations. If you feel like beating earth with you hands or head, do but do not hurt yourself too much. If you feel like ... yes, do that without hesitation and without self-control.



And so on. Allow yourself to be fully ruled by emerging feelings and emotions. The less self-control, the better the result will be. Remember, there is one exception, do not hurt yourself or others.

Continue until you are exhausted and you do not feel like proceeding any longer. Then lie down on your back, side or your belly, relax and rest. If there is a lake or river, you can wash yourself in it. Then, rest or even sleep to regenerate yourself.

If other people look at you while you are exercising, they may be frightened and may call an ambulance or police. Make sure that nobody can see you unless they are your friends taking care of you.

This exercise will make you feel like reborn from Mother Earth. You should feel deeply refreshed and well united with nature, after the exercise. Look, everything looks different now. You can repeat it as many times as you feel you need it.

PLANT REMEDIES

Restoring your life, in other words, revitalizing and regenerating your body and psyche, can be done fully only in nature. Man is an inseparable part of nature, this means that nature is the main body and man is its cell. A cell cannot function properly without any support of the main body, in fact, it cannot survive long because the main body is the main life source of that cell.

In previous chapters, I wrote about two necessary conditions that man must fulfill in order to revitalize the body and psyche. They are mutual communication with nature and absorption of life energy. For the first one, you learned to perceive and transmit messages between nature elements and you. The second one, you practiced drawing life energy from some elements of nature into your body.

These are two basic skills for natural living in accordance with the law of nature and for remaining healthy. I suggest that by practicing regularly the exercises described in this book, incorporate them as ordinary activities in your life.

Later, you might want to take the next step in order to even closer unite yourself with nature. You may want to know the true spirit of nature. This will allow you to dive into your psyche and further understand your life. This kind of deep understanding of yourself goes beyond ability of ordinary intellectual explanation, therefore this cannot be understood without your own deep experience. This way guides you to true understanding of IAM and to enlightenment.

Nature provides man with every thing that they really need. When man needs to fully restore their physical and psychical structures, man can use natural remedies found in nature. In this book, you have learned

about some simple, basic remedies of nature. That is the beginning on your way of conscious self-growth. Now you can go deeper to so-called advanced level. To be clearer, there is no “advanced level”, there are weaker or stronger connections with nature.

Man can choose from many different methods to be better connected with nature. Some of the most efficient methods include using plants. These plants can be applied during “plant medicine” or “shamanic” ceremonies.

This kind of ceremonies have been performed by some teachers of nature for millennia. These teachers were given many different titles depending on where and how they performed the ceremonies. Some popular titles include: “plant doctor”, “plant healer”, “natural healer”, “shaman”, “curandero”, “taita” and “medicine man”.



Those healers and teachers are extraordinary efficient in helping people to get rid of their psycho-physical diseases, compared to so-called “official medicine”. To achieve such wonderful cure results, they use so-called “sacred plants”, among other remedies of nature.

These plants are eaten directly or are applied in form of a brew, powder or smoke. The activities of this type are known as “shamanic healing”, “sacred ceremony”, “plant psychic session”, “initiation”, “jungle medicine ceremony” or any of many other different names.

In my advanced seminars, which I conduct in South America, we use powerful remedies from nature, including plants, during our ceremonies. The participants must learn a lot in order to prepare themselves properly for the ceremonies. I insist that the participants of my seminars first learn how to use the powerful remedies of nature properly, so that they are used safely and produce desired beneficial results.

We use mainly ayahuasca and huachuma in my advanced nature seminars. According to my experience and the practice of South American shamans and *curanderos*, those two natural remedies of nature, when applied properly, work very efficiently in producing beneficial results.

For me, there is nothing to wonder. I have been sharing my knowledge and information for many years. Those who apply this information, connect with nature much deeper. That is one of main reasons, why during ceremonies, their body and psyche are cured deeply; this would be very difficult to achieve by non-natural means.

There is much learning and practicing for those who decide to use these two powerful nature remedies properly and safely. Beside that, the ceremonies occur in specially selected safe environment of nature. Describing them in detail, would require from me to write another book, but that would also be not enough. One day you may decide to study

and benefit in my advanced seminar about using powerful remedies of nature. Welcome.

WARNING

There are hundreds of places where ayahuasca or huachuma ceremonies are offered to everybody who pays the fee. I call those places “tourist ayahuasca” or “ayahuasca business” because the main purpose of the organizers is to make money.

Be warned that ayahuasca and huachuma are powerful tools, they can be used to both cure or harm you. I have seen harmful results in some participants of ceremonies conducted by “shamans” who did not know enough about proper use of these natural remedies. The ceremonies conducted by those “shamans” were more like a show. There is no need for a show, instead, science, especially psychology should be properly applied.

Be also warned that ayahuasca and huachuma ceremonies should be conducted only in places where the respective plants grow. I advise you not to risk participating in ceremonies conducted in places outside South America. There are three reasons, why not.

1. In most countries, ayahuasca and huachuma are classified as illegal drugs, therefore the ceremonies include illegal activity.
2. Imported brews can be compared to imported fruits. You know that imported fruits have worse taste and much lower value compared to fruits consumed in place where they grow naturally.
3. According to my experience, ayahuasca and huachuma brews offered outside of South America are not always pure. In order to amplify so-called “drug trip” effect, sometimes hallucinogenic substances are added to the brew. In my opinion, if you drink that, you may have a strong trip but your health may be harmed, also your investment and time will be wasted.

Of course, there are also exceptions to my warnings, legal and beneficial ceremonies. However, it is up to you to decide whether you take the risk.

OTHER REMEDIES OF NATURE

Ayahuasca and huachuma are just two examples of powerful natural remedies which are used for restoring life and also for removing diseases. Obviously, the unimaginable abundant nature provides many more plant derived remedies which influence the functions of your psyche and therefore help you to dive into yourself for conscious self-development and holistic cure.

In fact, plant derived natural remedies is a large, often very sophisticated and thus misunderstood and even banned subject. People behind most governments on Earth have imposed rules on man, which make it illegal to use these very efficient powerful remedies which nature have been offering to you since ever.

Writing a large book about the natural remedies of nature, would not be enough to explain this topic. To study and understand it well, you would have to practice with masters in this field. Look for them deeply in nature, if you will.

TO CONTINUE

At the beginning of this book I advised you to “read parts 1 and 2 of “Humankind Fundamental Teachings” with deep attention”. One of the reasons is that there are more exercises described in these books, which are very important to practice in order to maintain your body and psyche in perfect condition. For example, if you do not practice the Inner Joy and visualization, you may be missing too much.

This book just touched the topic about returning to nature and living in accordance with its law. There is much, much more to learn, for example, how to survive and be self-sufficient in nature. People born and brought up in cities are usually unable to survive in the true, unspoiled nature, so they need to learn many skills as if they were starting new life.

For now, if you consider returning to nature, you can easily find tons of information about surviving in the new environment. I suggest that you do not wait for too long. Think about leaving the city and moving back to the source of life. Even if it will not be the true, unspoiled nature, going far away from a city, closer to natural living, will bring you much benefit and will protect your life.

You are the Master Creator of your life. You have the free will to chose what to do and how to live. Therefore, do chose how to create your life in order to experience this game in different ways.

Let us meet in “Questions and Answers”, part 4 of Humankind Fundamental Teachings.



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